



ST. LOUIS RAMS



PRESEASON WEEK 2

St. Louis Rams (0-1) at Tennessee Titans (0-1)

Sunday, August 23, 2015 • Nissan Stadium • 7 p.m. CT



2015 SCHEDULE

PRESEASON

Aug. 14	@ Oakland		L, 18-3
Aug. 23	@ Tennessee	7 p.m.	Fox
Aug. 29	Indianapolis	7 p.m.	RBN
Sept. 3	Kansas City	7 p.m.	RBN

REGULAR SEASON

Sept. 13	Seattle	Noon	Fox
Sept. 20	@ Washington	Noon	Fox
Sept. 27	Pittsburgh	Noon	CBS
Oct. 4	@ Arizona	3:25 p.m.	Fox
Oct. 11	@ Green Bay	Noon	Fox
Oct. 18	BYE		
Oct. 25	Cleveland	Noon	CBS
Nov. 1	San Francisco	Noon	Fox
Nov. 8	@ Minnesota	Noon	Fox
Nov. 15	Chicago	Noon	Fox
Nov. 22	@ Baltimore	Noon	Fox
Nov. 29	@ Cincinnati	Noon	Fox
Dec. 6	Arizona	Noon	Fox
Dec. 13	Detroit	Noon	Fox
Dec. 17	Tampa Bay (Thurs.)	7:25 p.m.	NFLN
Dec. 27	@ Seattle	3:25 p.m.	Fox
Jan. 3	@ San Francisco	3:25 p.m.	Fox

RAMS MEDIA HUB

Visit the Rams Newsroom and media website at media.stlouisrams.com and follow us @STLouisRams

MEDIA AVAILABILITY

MON., AUG. 17	Practice w. Dallas Cowboys - Oxnard, Calif. 4:25 - 6 p.m. Pacific Time Coach Fisher, Select Players Available on field
TUES., AUG. 18	Practice w. Dallas Cowboys - Oxnard, Calif. 4:25 - 6 p.m. Pacific Time Coach Fisher, Select Players Available on field
WED., AUG. 19	Practice (Rams Only) - Oxnard, Calif. 10:30 a.m. - Noon Pacific Coach Fisher, Select Players Available on field
THURS., AUG. 20	Practice at Rams Park - Earth City, Mo 5:30 - 7:30 p.m. Central Time Coach Fisher, Select Players Available on field
FRI., AUG. 21	Players Off - No Availability
SAT., AUG. 22	Travel Day - No Availability
SUN. AUG. 23	Rams at Titans - Nissan Stadium 7 p.m. Central

RAMS FACE TITANS ON NATIONAL TV



Head Coach Jeff Fisher

Rams Head Coach Jeff Fisher spent 15 1/2 seasons as the head coach of Oilers/Titans, and for the first time since leaving the franchise following the 2010 campaign, Fisher returns to Nashville to face his old club.

The Titans and Rams meet Sunday night in a FOX nationally-televised preseason contest at Nissan Stadium.

The ties between the Rams and Titans run deep, both on the franchise and individual level. The Rams defeated the Titans in Super Bowl XXXIV in one of the most thrilling finishes in title game history. Fisher joined the team that beat him in 2012, and in addition to the head coach, there are seven St. Louis coaches and five Rams players who previously spent time with the Titans organization.

Sunday's contest will be the 12th preseason meeting between the two franchises with Tennessee holding a 7-4 advantage in the preseason series. The Rams and Titans last played in the preseason in 2011 when they squared off at the Edward Jones Dome. The last preseason game in Nashville came in 2008.

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BROADCAST INFORMATION



TELEVISION:

KTVI Fox 2 St. Louis

Play-By-Play: Kevin Burkhardt

Color Analyst: John Lynch

Sideline Reporters: Pam Oliver



RAMS RADIO:

WXOS, 101.1 FM

Play-By-Play: Steve Savard

Color Analyst: D'Marco Farr

Sideline Reporter: Will Witherspoon



PRESEASON WEEK 2: ST. LOUIS RAMS AT TENNESSEE TITANS



NOTABLE CONNECTIONS

Former Rams:

- Titans RB Coach **Sylvester Croom** held the same position with the Rams from 2009-11.

Former Titans:

- Rams Head Coach **Jeff Fisher** was Tennessee's head coach from midway through the 1994 season through 2010.
- Rams Assistant Head Coach **Dave McGinnis** coached in Nashville from 2004-11.
- Rams Defensive Coordinator **Gregg Williams** began his NFL coaching career as an assistant with the Oilers in 1990 and spent 11 seasons with the club. He returned to Nashville for one season in 2013.
- Rams Assistant Linebackers Coach **Joe Bowden** played for the Oilers/Titans from 1992-99.
- Rams Secondary Coach **Chuck Cecil** was a Titans assistant from 2001-10 and played for the Oilers in 1995.
- Rams WR Coach **Ray Sherman** held the same position in Tennessee from 2005-06.
- Rams LB Coach **Frank Bush** coached Titans linebackers from 2011-12. He played for the Oilers in 1992 and was a Houston assistant in 1993-94.
- Rams **DE William Hayes** played for the Titans from 2008-11.
- Rams **TE Jared Cook** played for the Titans from 2009-12.
- Rams **LB Akeem Ayers** played for the Titans from 2011-14.
- Rams **WR Damian Williams** played for the Titans from 2010-13.
- Rams **WR Kenny Britt** played for the Titans from 2009-13.

Nashville Ties:

- Rams **RB Benny Cunningham** is from Nashville and played at Middle Tennessee State.
- Rams Assistant Secondary Coach **Brandon Fisher** is a Nashville native.
- Rams **C/G Barrett Jones** is from Memphis.
- Rams **P/K Michael Palardy** played at the University of Tennessee.
- Rams **C Demetrius Rhaney** played at Tennessee State University.
- Rams Senior Director of Communications **Artis Twyman** is a graduate of Tennessee State University.
- Rams Director of Operations **Bruce Warwick** worked in the University of Tennessee athletic department from 2007-09.

Missouri Ties:

- Titans **LS/TE Beau Binkley** is from Kearney, Mo. and played at Mizzou.
- Titans **LB Zaviar Gooden** played at Missouri.
- Titans **TE Chase Coffman** is from Peculiar, Mo. and played at Missouri.
- Titans **TE Delanie Walker** played at Central Missouri State.
- Titans **WR Dorial Green-Beckham** is a native of Springfield, Mo. and played at Missouri.

Coaching Ties:

- Rams **T Rob Havenstine** played at Wisconsin under Titans Offensive Line Coach **Bob Bobstad**.

College Teammate Connections:

- Rams **DE Robert Quinn** with Titans **LB Zach Brown** and **WR Hakeem Nicks** at North Carolina.
- Rams **C Barrett Jones** and Titans **G Chance Warmack** at Alabama.
- Rams **C Tim Barnes** with Titans **LS/TE Beau Binkley**, **LB Zaviar Gooden** and **TE Chase Coffman** at Mizzou.
- Rams **S T.J. McDonald** and Titans **DT Jurrell Casey** at USC.
- Rams **DT Michael Brockers** and Titans **QB Zach Mettenberger** at LSU.

TALE OF THE TAPE

	2014 Rams (NFL Rank)
Points Per Game	20.3 (21)
Total Offense	314.7 (28)
Rush Offense	102.2 (20)
Pass Offense	212.5 (23)
Time Of Possession Average	29:13
Opponent Points Per Game	22.1 (25)
Total Defense	351.6 (17)
Rush Defense	110.3 (14)
Pass Defense	241.3 (19)
Sacks Made/Yards	40/265
Interceptions By/Yards	13/276
Turnover Differential	-2 (19t)
Punt Return Average	13.0 (2)
Kickoff Return Average	24.4 (11)
Punt Coverage	6.9 (7)
Kickoff Coverage	24.3 (20)

2014 RAMS LEADERS

Passing Austin Davis	Comp. 180	Att. 284	Yards 2,001	TDs 12	INTs 9	Rtg. 85.1
Rushing Tre Mason	Att. 179	Yards 765	Avg. 4.3	Long 89t	TDs 4	
Receptions Jared Cook	Rec. 52	Yards 634	Avg. 12.2	Long 59t	TDs 3	
Receiving Yards Kenny Britt	Yards 748	Rec. 48	Avg. 15.6	Long 63t	TDs 3	
Tackles Alec Ogletree	Total 169	Solo 110	Asst. 59			
Sacks Robert Quinn	No. 10.5	Yards 73.0				
Interceptions Trumaine Johnson	No. 3	Yards 69	Avg. 23.0	Long 43t	TD 1	
Punting Johnny Hekker	No. 80	Yards 3,721	Avg. 46.5	Net Avg. 42.3	In20 33	Long 61
Punt Returns Tavon Austin	Ret 35	FC 23	Yards 391	Avg. 11.2	Long 78t	TDs 1
Kickoff Returns Benny Cunningham	Ret. 35	Yards 963	Avg. 27.5	Long 75	TDs 0	

GATEWAY TO THE BEST

Any matchup between the Rams and Titans delivers an opportunity to remember the greatest night in franchise history.

In one of the most exhilarating finishes in Super Bowl history, St. Louis held on to defeat Tennessee 23-16 for the Rams' first Lombardi Trophy.

Kurt Warner won MVP honors after passing for 414 yards, still a Super Bowl record. His 73-yard touchdown pass to Isaac Bruce broke a fourth-quarter tie, and Mike "The Tackle" Jones stopped Kevin Dyson just short of the goal line on the game's final play.



Super Bowl XXXIV MVP Kurt Warner

2015 RAMS EXPECTED STARTERS

OFFENSE

WR Kenny Britt – Set a new career high with 48 receptions in 2014. Led Rams with 748 receiving yards and caught three touchdown passes. Has averaged 15.6 yards per reception during six NFL seasons.

LT Greg Robinson – Second overall pick in 2014 NFL Draft started the final 12 games of the season: three at left guard and nine at left tackle. First-Team All-SEC and Second-Team All-American in final season with SEC Champion Auburn.

LG Rodger Saffold – Fifth-year pro started all 16 games: 13 at left guard and three at right guard. Has started at four different positions in 60 career starts - 36 at LT, 13 at LG, 7 at RG and 4 at RT.

C Barrett Jones – Third-year pro enters first season as starter. Appeared in seven games last season, mostly on special teams. Won Rimington Award and Outland Trophy during All-American career at Alabama.

RG Jamon Brown – Third-round draft pick started 60 games during collegiate career at Louisville. Named second-team All-ACC as a senior last season.

RT Rob Havenstein – Named first-team All-Big 10 and second-team All-American by The Sporting News and USA Today in 2014. Tied Wisconsin record with 54 games played. Was never penalized for holding during his 42 starts.

TE Jared Cook – Led the Rams in receptions in 2014 for the second-consecutive season (52). Was second among all Rams with 634 receiving yards and scored three touchdowns.

TE Lance Kendricks – Caught 27 passes for 259 yards on the season. Caught a TD pass in three-consecutive weeks (6-8) and had five total scores on the year to lead St. Louis in the category.

WR Tavon Austin – Caught 31 passes for 242 yards and carried the ball 36 times for 224 yards and two touchdowns in 2014. Returned a punt 78 yards for a touchdown in win over Washington. Finished fifth in the NFL in punt return average (11.2).

QB Nick Foles – Acquired via trade with Philadelphia this offseason. Has thrown 46 touchdown passes and 17 interceptions in 24 career starts. Posted a 14-4 record as a starter over last two seasons.

RB Tre Mason – Finished second among all NFL rookies with 765 rushing yards last season. Scored five total touchdowns, four on the ground. Averaged 4.3 yards per carry, including a season-long 89-yard touchdown run in win over Oakland.

KEY CONTRIBUTORS

RB Benny Cunningham – Led the NFC and finished fifth in the NFL in kick return average (27.5) in 2014. Rushed for 246 yards on 66 carries and caught 45 passes, third most among Rams on the year. Set up a Rams TD with a 75-yard kickoff return in win over Seattle and caught 18-yard pass on a fake punt.

TE Cory Harkey – Bruising tight end/fullback caught eight passes for 55 yards and a touchdown a year ago. Also scored a two point conversion on a fake PAT. Served as lead blocker in the running game.

WR Stedman Bailey – Caught 30 passes for 435 yards and a touchdown in second NFL season. Enjoyed first 100-yard game of his career in win over Oakland.

RB Todd Gurley – All SEC performer was the 10th overall pick in April. Rushed for 911 yards and nine touchdowns in just six games last year.

DEFENSE

LDE Chris Long – Played in six games while missing Week 2-12 with an ankle injury. Seventh-year veteran is longest-tenured Ram. Has 51.5 career sacks.

LDT Aaron Donald – Led all NFL rookies in sacks with 9.0 to set a new Rams rookie record. Named to Pro Bowl following season that saw him record 32 QB pressures & 12 QB hits to go along with 17 tackles for loss. Second of team's two 2014 first-round picks.

RDT Michael Brockers – Started all 16 games and finished second among Rams defensive linemen with 73 tackles. Also added 2.0 sacks and 14 QB pressures.

RDE Robert Quinn – Led Rams with 10.5 sacks, his third-consecutive season in double digits in the category. Earned second-straight Pro Bowl. Posted 37 QB pressures and 24 QB hits.

LLB Alec Ogletree – Led the Rams in tackles for a second-straight year with 169. Forced five fumbles, had two interceptions and 11 pass breakups, second most among Rams.

MLB James Laurinaitis – Posted sixth-consecutive 100-tackle season (168). Also had 3.5 sacks and nine QB pressures. Ranks second in Rams history in career tackles.

RLB Jo-Lonn Dunbar – Started 10 games and played in 15 in 2014. Finished season with 52 tackles and five QB pressures.

LCB Trumaine Johnson – Led the Rams with three interceptions on the year. Missed the first eight weeks of the season due to knee injury.

RCB Janoris Jenkins – Started 14 games and recorded 65 tackles and seven passes defended. Returned an interception 99 yards for a touchdown in Week 12 to give him 5 INT/TDs on his career, tied for most in Rams history.

SS T.J. McDonald – Third among Rams with 136 tackles on the season. Had an interception, 2.0 sacks and eight passes defended while playing every defensive snap of the season. Blocked a punt and field goal in win over Tampa.

FS Rodney McLeod – Has started 32 straight games after recording 16 starts in 2014. Notched 96 tackles, six passes defended and two forced fumbles to go with two interceptions.

KEY CONTRIBUTORS

S Mark Barron – Third-year pro joined Rams prior to Week 9 via trade. Former seventh-overall selection by Tampa Bay played in nine games with St. Louis and tied for NFL lead among defensive backs with 3.0 sacks.

DE Eugene Sims – Recorded a career-high 24 QB pressures and posted 45 total tackles, 3.0 sacks and a fumble recovery.

LB Akeem Ayers – Signed with the Rams this offseason after spending 2014 with the Titans and Patriots. Has started 47 games in four NFL seasons.

DE William Hayes – Had 4.0 sacks and a team-high 39 QB pressures. Led all Rams defensive linemen with 75 tackles. Started nine games.

DB Lamarcus Joyner – Second-round pick played in 10 games with one start. Had 48 tackles, one sack and three passes defended.

RATINGS ARE IN

Since Nick Foles became a full-time starter during the 2013 season, his numbers are among the best in the NFL.

Foles' combined numbers over the past two seasons put him third in yards per attempt (8.05), fifth in interception percentage (1.9) and fifth in passer rating (100.5).

In just eight games last season, Foles passed for 2,163 yards and 13 touchdowns.

Foles earned Pro Bowl honors in 2013 following one of the best seasons in Eagles history. He passed for 2,891 yards in just 13 games and tossed 27 touchdown passes with only two interceptions. He completed 64 percent of his passes and added three rushing touchdowns.

In just his ninth career start, Foles threw seven touchdown passes in a win at Oakland. He's one of just seven quarterbacks in NFL history to throw seven scoring strikes in a game.

For the season, Foles posted a passer rating of 119.2 in 2013, the highest in Eagles history and the third best single-season total in NFL history.

Highest Single-Season Passer Rating, NFL History

	Rating
1. Aaron Rodgers, GB - 2011	122.5
2. Peyton Manning, IND - 2004	121.1
3. Nick Foles, PHI - 2013	119.2
4. Tom Brady, NE - 2007	117.2
5. Peyton Manning, DEN - 2013	115.1



QB Nick Foles

FOLES IS IN THE FOLD

The Rams were part of one of the biggest transactions of the offseason, and their blockbuster trade with the Eagles delivered a new starting quarterback to St. Louis.

Nick Foles joined the Rams following a deal that sent Sam Bradford to Philadelphia. Foles made the Pro Bowl following the 2013 season, one which saw him throw 27 touchdown passes and just two interceptions. Over the last two seasons, Foles has posted a 14-4 record as a starter.

Here's a quick breakdown of the trade, which was completed on March 10.

St. Louis Received:

- QB Nick Foles
- 2015 4th-Round Pick (119 overall) - Used to select OL Andrew Donnal
- 2016 2nd-Round Pick

Philadelphia Received:

- QB Sam Bradford
- 2015 5th-Round Pick (145 overall) - Traded to Miami
- Conditional 2016 Draft Pick



QB Nick Foles

IT'S GOOD TO B. QUICK

WR Brian Quick was in the midst of a breakout season in 2014 when a shoulder injury cut his third NFL campaign short just seven games in.

At the time of his injury, Quick led the Rams in receiving yards and was second in catches. It took him only four games to surpass his previous career highs in catches, receiving yards and touchdowns. He finished the year with 25 receptions for 375 yards and three touchdowns. He had his best game as a pro in Week 5 at Philadelphia, posting five catches for 87 yards and two touchdowns against the Eagles. It was Quick's first multi-touchdown game of his career.

The former second-round pick recorded career highs with seven receptions for 99 yards in the team's Week 1 contest against Minnesota. He followed that up with seven more catches against Tampa Bay (74 yards), and he caught a 51-yard touchdown pass in Week 3 against Dallas.

With Quick's health restored, he hopes to again top those numbers in 2014.

Brian Quick's Year By Year Stats

Year	Games	Rec.	Yards	TDs
2014	7	25	375	3
2013	16	18	302	2
2012	15	11	156	2



WR Brian Quick

BIG CATCH BRITT

The Rams only added four veterans in free agency this spring, but one of the biggest moves they made involved re-signing one of their own.

After WR Kenny Britt led the Rams with 748 receiving yards in 2014, he signed a two-year contract to remain with the Rams.

His 48 receptions last year set a new career high and were second most among St. Louis pass catchers. He turned in two 100-yard games

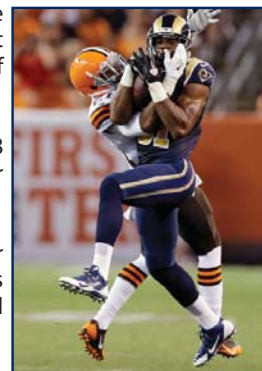
For his career, Britt has averaged 15.6 yards per reception. He finished the 2014 campaign at exactly that mark, which was the 10th highest per catch average in the NFL last season. Nine of his 48 catches went for 25 or more yards, a number that led all Rams receivers.

Britt's seventh NFL season will be his second in St. Louis. He spent his first five professional campaigns with the Tennessee Titans, where he played three seasons under Rams Head Coach Jeff Fisher.

In addition to what he brought on the field, Britt's veteran presence was a welcomed one to the young receiver group. His experience is evident as his career totals are significantly higher than the other three members of the team's receiving group.

Career Totals, Current Rams Receivers

Player	Rec.	Yards	Yards/Rec.	TDs
K. Britt	205	3,198	15.6	22
C. Givens	87	1,426	16.4	4
T. Austin	71	660	9.3	4
B. Quick	54	833	16.4	7
S. Bailey	47	661	14.1	1



WR Kenny Britt

RUSHING ROBERT

For a third-consecutive season, Rams DE Robert Quinn reached double digits in sacks in 2014, and for a second-straight year, he earned Pro Bowl honors in the process.

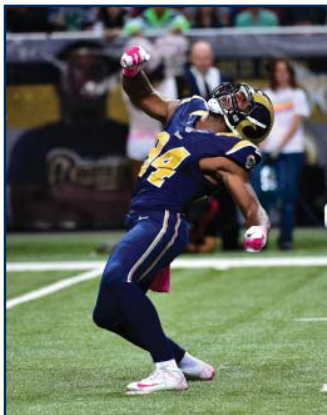
Quinn led the Rams with 10.5 sack on last year. He became the first Rams defender to get to consecutive Pro Bowls since CB Jerry Gray did so in 1988-89.

Quinn had four multi-sack games in 2014 and now has 11 on his career. He has five games with 3.0 sacks, and since the start of the 2013 season, his four games with 3.0 sacks or more are the most in the NFL over that time period.

Quinn has developed a knack for getting the ball out of the opponents' hands. Over the last two seasons, he forced 12 fumbles, which gives him the most forced fumbles in the NFL over the last two seasons.

Quinn has developed into one of the NFL's top defenders. Along with his 10.5 sacks, coaches have credited the 2012 first-round pick with 37 QB pressures and 24 QB hits in his fourth NFL season. Quinn is also an accomplished run defender, as evidenced by his 14 tackles for loss in 2014.

Last season, Quinn started all 16 games and has a streak of 34-straight starts dating back to the 2012 campaign.



DE Robert Quinn

MAN IN THE MIDDLE

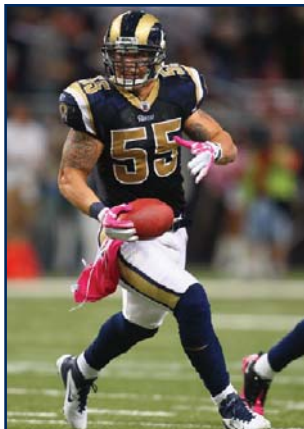
If you want to find Rams MLB James Laurinaitis on the football field, one can often simply follow the ball because the fifth-year pro seems to always be around it.

Laurinaitis posted 168 tackles in 2014, second most among all Rams and just one off of Alec Ogletree's team-leading pace. Laurinaitis has now reached the 100-tackle mark in each of his six NFL campaigns. In addition, he tied a career high with 3.5 sacks in 2014.

Laurinaitis has been durable throughout his career. He's started 95 straight games, the third-longest active streak among NFL linebackers. Because of his ability to play the run and pass, he rarely leaves the field.

Since 2009, only three linebackers - DeAndre Levy, Paul Posluszny and Sean Lee - have more interceptions than Laurinaitis' nine. Also since 2009, the year the Rams made Laurinaitis a second-round pick, he's the only player in the NFL with 15 or more sacks and nine or more interceptions.

Laurinaitis now has 901 career tackles, and he's closing in on Hall of Famer Merlin Olsen, the franchise's all-time leading tackler.



LB James Laurinaitis

Most Tackles, Rams History

	<u>Tackles</u>
1. Merlin Olsen, 1962-76	915
2. James Laurinaitis, 2009-present	901
3. Jack Reynolds, 1970-80	897
4. Deacon Jones, 1961-71	896

LUCKY NUMBER 13

DT Aaron Donald had one of the best rookie seasons by a defensive tackle in NFL history, and he was well recognized for his accomplishments. Donald went to the Pro Bowl in his first season and was named the NFL's Defensive Rookie of the Year.

Donald's 9.0 sacks led all NFL rookies in the category. From weeks 10-15, he had a sack in five straight games.

Donald also posted a team-high 17 tackles for loss on the season and coaches have credited him with 32 QB pressures and 12 QB hits. His 9.0 sacks were second most amongst all NFL defensive tackles.



DT Aaron Donald

His 9.0 sacks are the most ever by a Rams rookie regardless of position. He forced two fumbles and made a significant impact on the St. Louis defense.

The Rams felt fortunate to land Donald with the 13th pick in last year's draft. As a senior at Pittsburgh in 2013, Donald received a host of honors. In addition to being named First-Team All-American and First-Team All-ACC, Donald was the Chuck Bednarik Award and Bronco Nagurski Awards, both of which honor the national defensive player of the year in college football. Donald also won the Outland Trophy and the Lombardi Award.

2014 NFL Rookie Leaders, Sacks

	<u>Sacks</u>
1. Aaron Donald, STL	9.0
2. Aaron Lynch, SF	6.0
3. Jonathan Newsome, IND	6.5
4. Devon Kennard, NYG	4.5
5t. Anthony Barr, MIN	4.0
5t. Tim Jernigan, BAL	4.0
5t. Khalil Mack, OAK	4.0

2014 Leaders, Sacks By Defensive Tackles

	<u>Sacks</u>
1. Marcell Dareus, BUF	10.0
2. Aaron Donald, STL	9.0
3t. Gerald McCoy, TB	8.5
3t. Sen'Derrick Marks, JAC	8.5
3t. Ndamukong Suh, DET	8.5

SACK ATTACK

Armed with five former first-round draft picks, one of the Rams' biggest strengths is their defensive line. That strength has shown itself in the team's ability to get to the opposing quarterback.

The Rams posted 40 sacks as a team in 2014. Of those 40, 26 came in the second half of the season, which tied for fourth most in the NFL over the final eight games.

Since Jeff Fisher took over in 2012, the Rams have recorded 145 sacks as a team. That's the second most in the NFL over that time period.



DE Eugene Sims

Most Team Sacks, 2012-present

	<u>Sacks</u>
1. Buffalo Bills	147
2. St. Louis Rams	145
3. Carolina Panthers	139
4. Denver Broncos	134
5. Green Bay Packers	132

TAVON AWESOME

Whether it's throwing it to him, handing it to him, or forcing the opponent to punt it to him, the Rams find ways to get the ball in the hands of Tavon Austin.

During his second NFL season, Austin rushed 36 times for 224 yards and two touchdowns (6.2 yards per carry) and caught 31 passes for 242 yards.

In the team's Week 14 win at Washington, Austin returned a punt 78 yards for a touchdown. He had 143 total punt return yards, most by an NFL player in a game this season. In addition to his touchdown return, Austin also had returns of 37 and 28 yards. He was named NFC Special Teams Player of the Week for his efforts, his second such award of his career.



WR Tavon Austin

On the season, Austin's 11.2 punt return average ranked fifth best in the NFL. He finished second among all NFC punt returners. Another number shows just how cautious teams were when punting to the Rams. Opponents posted a net average of just 35.4 yards per punt against the Rams, the second lowest total in the NFL this season.

2014 NFL Leaders, Punt Return Avg.

	<u>Avg.</u>
1. Darren Sproles, PHI	13.0
2. Julian Edelman, NE	12.0
3. Adam Jones, CIN	11.9
4. D'Anthony Thomas, KC	11.9
5. Tavon Austin, STL	11.2

'THE MOUNTAINEER'

Rams WR Stedman Bailey steadily improved throughout his second NFL season, and his play sparked the St. Louis offense. He finished the year with 30 receptions for 435 yards and a touchdown. The majority of Bailey's production came over the second half of the season as he caught 25 passes over last seven games.

A week after setting a career high with 89 yards against the Chargers, Bailey tallied 100 yards versus the Raiders to set a new career mark. All five of his catches came in the first quarter.



WR Stedman Bailey

Throughout his career, Bailey has been a key special teams contributor. One of his catches against San Diego came on a fake punt. He gained 19 yards and kept a crucial drive alive, one that he capped with a seven-yard touchdown catch.

Earlier in the season, he was part of another trick special teams play that helped St. Louis to a victory. Prior to the Rams' Week 7 win over Seattle, Bailey had never fielded a punt in a football game at any level - high school, college or the NFL.

In the second quarter of the team's Week 7 win, Rams PR Tavon Austin pretended to track a punt down the left sideline while the Rams coverage team raced towards Austin in attempt to set up a return.

In actuality, Seattle had punted the ball to the St. Louis right. Bailey fielded the punt over his shoulder, turned and raced 90 yards for a touchdown. The play was the longest punt return in the NFL this season and is tied for the third longest in Rams history. Coaches called the play "The Mountaineer" because it centered around Bailey and Austin, both of whom played at West Virginia.

WHAT'S COOK-IN'?

Throughout his two seasons in St. Louis, TE Jared Cook has been a reliable target for Rams quarterbacks.

With 52 receptions last season, Cook led the Rams in the category for a second-consecutive season. His 634 receiving yards ranked second to Kenny Britt (748).

Perhaps Cook's best performance of the season came in a Week 14 win over Washington. Early in the game, Cook absorbed a big hit, and it appeared St. Louis might have to play the majority of the game without him. Fortunately, he bounced back to catch two touchdown passes in the 24-0 win over the Redskins.



TE Jared Cook

In Week 3, Cook caught seven passes for 75 yards, which tied his highest single-game receptions total since joining the Rams. He led the Rams with 74 yards in the team's Week 7 win over Seattle.

Cook's 2014 numbers were very similar to those he put up a year earlier. He caught 51 passes for 671 yards in 2013 to set a new Rams record for receiving yards by a tight end. His 52 catches this season are now the third most by a tight end in Rams history, and his 51 a year ago are the fourth most in the category.

In his Rams debut in 2013, Cook caught seven passes for 141 yards and two touchdowns in the team's Week 1 win. His 141 yards are the most by a tight end in a single game in franchise history. Cook broke a record previously held by Pete Holohan, who had 126 yards on Dec. 11, 1988.

WAR RAM EAGLE

RB Tre Mason enjoyed one of the best seasons by a rookie running back in the NFL in 2014, and his future in the Rams' backfield appears bright.

Mason rushed for 765 yards, second among all NFL rookies and most among NFC rookies. He reached that number on 179 carries and scored four touchdowns. Those numbers came despite Mason not playing in the team's first four games.

The former Auburn Tiger started the last eight games of the year. In addition to carrying the load on the ground, Mason caught 16 passes for 148 yards and a touchdown.



RB Tre Mason

Mason was at his best at home in 2014. In the team's Week 13 win over Oakland, he scored three touchdowns, including an 89-yard run that is the second-longest in team history. The win over the Raiders marked Mason's second 100-yard game of his career, and the Rams are 2-0 when he reaches the century mark. One of his scores vs. the Raiders came on a 35-yard reception. Mason rushed for 113 yards in the team's home win over the defending AFC Champion Broncos.

Most Rushing Yards 2014 Season, NFL Rookies

	<u>Yards</u>
1. Jeremy Hill, CIN	1,124
2. Tre Mason, STL	765
3. Andre Williams, NYG	721
4. Terrance West, CLE	673
5. Isaiah Crowell, CLE	607

MR. ROBINSON'S NEIGHBORHOOD

Greg Robinson, the second overall pick in the 2014 draft, settled into his role as the team's starting left tackle as the season progressed.

Robinson played a big part in much of the team's success on the ground last season as he helped his college teammate Tre Mason finish second among NFL rookies in rushing yards.

Robinson started at left guard in Weeks 6-8, but following a season-ending injury to Jake Long, the Auburn product moved outside and inherited the position at which he was drafted to secure for the long term.

Robinson made his first NFL start in Week 6 against San Francisco and coaches gave him positive reviews after lining up against 49ers Pro Bowl DT Justin Smith throughout the evening. The Rams averaged nearly four yards per carry in Robinson's first start.

During his final collegiate season, Auburn literally ran its way to an SEC championship and appearance in the national title game. As a team, the Tigers averaged an NCAA-best 328.3 yards per game on the ground.



OL Greg Robinson

GURLEY'S THE MAN

In the last 10 drafts, only six running backs have been selected in the top 10. The Rams made Georgia RB Todd Gurley one of those, and he's expected to be a cornerstone of their offense for years to come.

In just 30 games with the Bulldogs, Gurley rushed for 100 or more yards 18 times. He scored 44 rushing touchdowns and gained 3,285 yards on the ground. Both of those numbers are second in school history, trailing only former Heisman Trophy winner Herschel Walker.

Gurley averaged 6.4 yards per carry during his collegiate career and caught 65 passes. He also contributed as a kickoff returner.

As a junior last fall, Gurley rushed for 911 yards and nine touchdowns in only six games. He suffered a torn ACL in November that cost him the final three games of the season.



RB Todd Gurley

Running Backs Drafted in the top 10 since 2006

Player, College	Year	NFL Team	Overall Selection
T. Gurley, Georgia	2015	Rams	10
T. Richardson, Alabama	2013	Browns	3
C.J. Spiller, Clemson	2010	Bills	9
D. McFadden, Arkansas	2008	Raiders	4
A. Peterson, Oklahoma	2007	Vikings	7
R. Bush, USC	2006	Saints	2

ON GUARD!

As Rodger Saffold enters his sixth NFL season, he's now the longest-tenured Ram on the offensive side of the ball and third-longest overall, trailing only DE Chris Long (eight years) and LB James Laurinaitis (seven).

Saffold will be counted on to provide veteran leadership for a young line this season, and he willingly assumes a key leadership role with the offense.

Throughout his career, Saffold has answered the call no matter the task. Last season, they started the first four games at left guard. When rookie Greg Robinson entered the lineup in Week 6, Saffold moved to right guard.

When LT Jake Long went down with a season-ending injury in Week 8, Robinson kicked out to left tackle and Saffold moved back to left guard where his ability to pass protect and push the pile in the run game were key to the team's success.

When the Rams drafted Saffold in the second round in 2010, he immediately became the team's left tackle and started his first 35 games there. In 2013, he began the season at right tackle before moving inside. He's now entrenched at the guard position, no matter what side it is. Of his 60 career starts, 36 have come at left tackle, 13 at left guard, four at right tackle and seven at right guard.



G Rodger Saffold

LINING THEM UP

The Rams used four of their first seven selections in this year's draft on offensive linemen, and two of those rookies are likely to open the 2015 season as starters.

The Rams took Rob Havenstein, a massive 6-8 tackle from Wisconsin, in the second round (57th overall), and he opens training camp at the depth chart at right tackle. Havenstein started a school-record 54 games for the Badgers and was never flagged for holding during his collegiate career.

Third-round pick Jamon Brown, who started at left tackle in his last 26 games at Louisville, worked with the starters in OTAs and is expected to line up next to Havenstein at right guard.

Iowa's Andrew Donnal (4th, 119 overall) and Cody Wichmann (6th, 215) also joined the Rams on draft weekend as St. Louis re-tooled its offensive line. The Rams added a fifth rookie offensive lineman when they drafted Clemson's Isaiah Battle in the fifth round of July's Supplemental Draft.

In addition to their work in the draft, the Rams signed veteran G/T Garrett Reynolds in free agency. The seventh-year pro has started 54 games with the Lions and Falcons.



T Rob Havenstein

BEST IN CLASS



DE Robert Quinn

For teams in need of impact pass rushers, the 2011 NFL Draft was certainly the place to find one.

In the top 16 picks, there were seven "front seven" players selected. Six of those players have at least 30 sacks, including Robert Quinn.

With the 14th pick, the Rams were fortunate to snag Quinn, who boasts 45.0 career sacks. Quinn came off the board after Von Miller (47.0 sacks), J.J. Watt (57) and Aldon Smith (44), and each player has made a name for himself.

Quinn has certainly stood out among his peers. He finished sixth in the NFC in the category this year and he led the conference with 19.0 sacks in 2013. Since coming into the NFL in 2011, Quinn is seventh in sacks. Since the start of the 2012 season, only two players have more sacks than Quinn.

Most Sacks Since Start of 2012

	<u>Sacks</u>
1. J.J. Watt, HOU*	51.5
2. Justin Houston, KC	43.0
3. Robert Quinn, STL*	40.0
4. Mario Williams, BUF	38.0
St. Elvis Dumervil, BAL	37.5
St. Von Miller, DEN*	37.5

*2011 First Round Pick

BULLDOG 'BACKER

Two seasons with the Rams, two years as the team's leading tackler. That's the stat line for LB Alec Ogletree, who recently concluded a strong sophomore NFL season.

"Tree" recorded 169 tackles to capture the team lead by one stop over James Laurinaitis.

Ogletree also had two interceptions this season and he broke up 11 passes. He ranked second on the team in both of those categories.

The former Georgia Bulldog has developed a knack for stripping the ball from opponents. He has 10 career forced fumbles, including four this season (according to league stats). His two-year total is second only to Robert Quinn for the most among all NFL defenders since the start of the 2013 season.

Ogletree stepped into the Rams' starting lineup from the get go as a rookie and he's started all 32 games of his professional career.

Most Forced Fumbles, 2013-present

	<u>Forced Fumbles</u>
1. Robert Quinn, STL	12
2. Alec Ogletree, STL	10
3. Ryan Kerrigan, WAS	9
4t. Robert Mathis, IND	8
4t. J.J. Watt, HOU	8



LB Alec Ogletree

LONG ON TALENT

An ankle injury forced Rams DE Chris Long to miss 10 games in the middle of the 2014 season, but the veteran still made his presence felt when he was in the lineup.

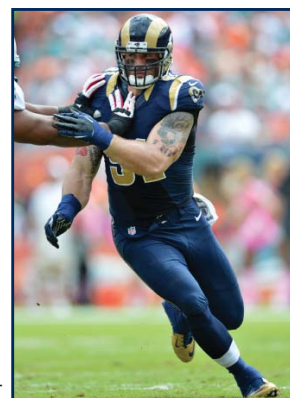
When Long returned from the injury that left on on "Reserve-Injured" for 10 week, the Rams first two games back resulted in shutouts.

In Week 13, he had a tackle for loss and helped limit Washington to just 27 rushing yards. Coaches credited Long with six tackles, including two for loss, as well as two QB pressures, a sack and a fumble recovery in the team's 52-0 win over Oakland, his first game back.

Long, a eight-year veteran, is the longest tenured Ram and is a leader both on and off the field. His sack vs. the Raiders gave him 51.5 for his career.

When he missed Week 2 of last season due to an injury that landed him on "Reserve-Injured," he'd played in 97-consecutive games. While he recovered from his injury, Long was a constant in the locker room and on the sideline encouraging his teammates.

His 2014 season included 20 tackles, nine QB pressures, two QB hits and a fumble recovery in just six games.



DE Chris Long

RETURN TO SENDER

Rams CB Janoris Jenkins has a nose for the end zone. In fact, no defender in football has found it more since Jenkins entered the NFL.

In Week 12, Jenkins intercepted a Philip Rivers pass and returned it 99 yards for a touchdown. It was the fifth time Jenkins has returned a pick for a score during his career, which ties him for the most such plays in Rams history.

Jenkins posted 65 tackles in his third NFL season and also saved a touchdown in San Diego by forcing a Keenan Allen fumble.

Ed Meador (1959-70) and LeRoy Irvin (1980-89) each had five career interception returns for touchdowns. In just three seasons, Jenkins equaled Irvin and Meador in interceptions returned for touchdowns. He has seven total interceptions for his career.

As a rookie, Jenkins recovered a fumble in the end zone in an overtime win over San Francisco. That gives Jenkins six total defensive touchdowns during his two plus seasons in the NFL, which is the most defensive scores by any player during that time frame.

In 2012, Jenkins turned in one of the best seasons by a rookie corner in NFL history. With three interceptions returned for touchdowns in 2012, Jenkins tied the NFL rookie record in the category. He shares the mark with Hall of Famers Ronnie Lott and Lem Barney.

Most Defensive Touchdowns since 2012

	<u>TDs</u>
1. Janoris Jenkins, STL	6
2t. Captain Munnerlyn, CAR/MIN	4
2t. William Gay, PIT/ARI	4



CB Janoris Jenkins

RED LIGHT IN THE RED ZONE

The Rams were among the best defenses in the NFL in 2014 when their backs were against the wall.

In wins over Washington, Oakland and Denver, the Rams' opponents didn't make it to the St. Louis 20 yard line. In Week 12, the Chargers made two trips to the St. Louis defensive red zone. They were forced to settle for a field goal on their first and CB Janoris Jenkins intercepted Philip Rivers and returned the ball 99 yards for a touchdown on the second.



LB James Laurinaitis

St. Louis had two key stops deep in their defensive end of the field in their Week 9 victory that proved crucial in the team's win over San Francisco, including a goal line stand in the final minutes that saw Laurinaitis recover a Colin Kaepernick fumble to preserve the victory.

On the season, opponents scored touchdowns on 46.2 percent of their trips inside the Rams' defensive red zone. That number was the second best in the NFC and fourth in the NFL.

Lowest Percentage of TD's Allowed in Red Zone, 2014

	TD Pct.
1. Kansas City Chiefs	38.9
2. Baltimore Ravens	42.6
3. Arizona Cardinals	43.9
4. St. Louis Rams	46.2
5. Cleveland Browns	46.3

WILL THE THRILL

DE William Hayes has provided St. Louis with a "super sub" throughout his three seasons with the team. When his good friend Chris Long suffered an ankle injury that landed him on "Reserve - Injured, Designated to Return" last year, Hayes became a super starter.

Hayes started nine games last season in the absence of Long. When Long returned, he got the starting nod, but Hayes still made significant contributions as part of the defensive line rotation.



DE William Hayes

Hayes finished the 2014 campaign with 4.0 sacks. Lauded as an accomplished run defender, Hayes led all Rams defensive linemen with 75 tackles as well. In the Rams' win over Oakland, he forced a fumble and was credited with two tackles for loss and three quarterback pressures in addition to his sack.

Hayes led the team with 39 quarterback pressures on the year. In the team's Week 9 win over San Francisco, Hayes recorded 2.0 sacks. It was his fourth career multi-sack game.

In 46 games with the Rams, Hayes has 16.0 sacks and 64 pressures.

After posting a career high 7.0 sacks in 2012, Hayes was a free agent but chose to stay put in St. Louis. He began his career with the Tennessee Titans and joined Head Coach Jeff Fisher in St. Louis in 2012 shortly after Fisher took the Rams job.

WELCOME ADDITIONS

All 11 defensive starters from 2014 are back for the Rams this season, and they made two offseason additions that coaches believe will make the unit even stronger.

LB Akeem Ayers and DT Nick Fairley were two of the three veteran free agents St. Louis added this spring, and both will play key role on the defense.



LB Akeem Ayers

Ayers was traded from Tennessee to New England midway through last season, and his presence helped the Patriots win Super Bowl XLIX. Ayers has started 47 games in his career and led the Titans in tackles in 2012 with 110. During his time in Tennessee, Ayers played for Rams head coach Jeff Fisher as well as linebackers coach Frank Bush, defensive coordinator Gregg Williams and Assistant Head Coach Dave McGinnis.

Fairley gives the Rams five former first-round draft picks on the team's defensive line. He'll see heavy action in a rotation that is considered one of the NFL's best. An injury kept Fairley out of eight games last season, but he had 6.0 and 5.5 sacks in 2013 and 2012, respectively.

The Lions selected Fairley with the 13th pick in the 2011 draft, one slot ahead of Robert Quinn, the man whom he'll now play next to.

McSAFETIES

Rams Head Coach Jeff Fisher lauded the play of his starting safeties throughout the 2014 season, and he did so for good reason.

Rodney McLeod and T.J. McDonald have become quite a pair. They started all 16 games last season and neither leaves the field.

McDonald finished third among Rams with 136 tackles, marking the first time in his career he's reached the century mark. He was on the field for every Rams defensive snap this season and had two sacks and eight passes defended on the year.

McDonald blocked both a punt and a field goal in the team's win in Tampa Bay in Week 2. As a team, the Rams hadn't blocked a punt and field goal in the same game since December of 1979. His Week 2 pair were the first blocks of McDonald's career.

McDonald is a former All-American who was drafted in the third round in 2013. McLeod took the longer road to NFL success. He was an undrafted free agent in 2012 and led the Rams in special teams tackles as a rookie. He made his way to the starting lineup last season and has started 32 consecutive games. McLeod posted 96 tackles and six passes defended as well as two forced fumbles in his third NFL season.

In the team's Week 14 win over Washington, both McLeod and T.J. McDonald recorded interceptions to stop drives deep in Rams territory. The pick was McLeod's second and McDonald's first of the season.



S Rodney McLeod

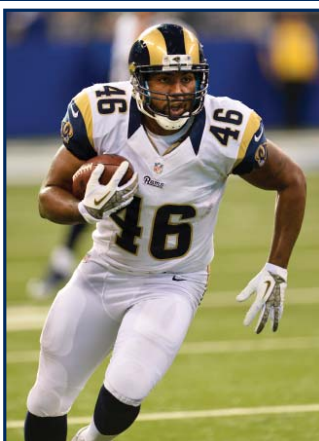


S T.J. McDonald

HARKEY PITCHES A GEM

Rams TE Cory Harkey is a jack of all trades for the Rams offense. He can regularly be found in the St. Louis backfield as a fullback or on the line of scrimmage as a tight end.

In the team's Week 14 win over Washington, Harkey caught a pass on a fake PAT that gave the Rams a two-point conversion. A week earlier against Oakland, he scored his first touchdown of the season on a four-yard pass from QB Shaun Hill. It was his third score of his career.



TE Cory Harkey

Nicknamed "Harkules" by his teammates as a nod to his toughness, Harkey is one of the Rams' emotional leaders. Following the 2014 season, his teammates voted him the winner of the annual Carl Ekern Spirit of the Game Award, which goes to a player who best demonstrates work ethic and team spirit.

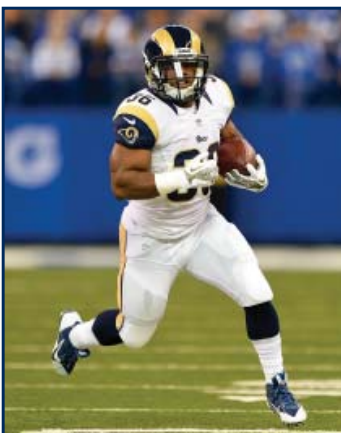
Harkey, who joined the Rams as an undrafted rookie free agent in 2012, is the son of former Major League pitcher Mike Harkey. His father is the pitching coach of the Arizona Diamondbacks. When he finds the end zone, he often celebrates by simulating a full pitcher's windup before spiking the ball into the turf. The celebration was a nod to his father, the former Cub and Dodger right hander.

BENNY'S SPECIAL EFFORT

RB Benny Cunningham was a jack of all trades for the Rams this season.

He finished the year with 246 yards and three touchdowns on the ground. He caught 45 passes - third most among Rams - for 352 yards and handles kick return duties.

In the team's win over Seattle in Week 7, Cunningham seemingly did it all. In the first quarter, he returned a kickoff 75 yards to give the Rams the ball at the Seattle 31 yard line. Six plays later, St. Louis scored its first touchdown of the day on a Tre Mason six-yard run.



RB Benny Cunningham

Later in the game, Cunningham caught a shovel pass from Austin Davis and plowed his way forward for a five-yard touchdown. It marked the third consecutive week that Cunningham has found the end zone.

He saved the best for last. With St. Louis clinging to a two-point lead with 2:55 remaining, Cunningham slipped out of the backfield from his personal protector position in a punt formation. He caught a short pass from P Johnny Hekker and turned it upfield for an 18-yard gain. The first down allowed the Rams to run out the clock and preserve the victory.

On the season, Cunningham led the NFC and finished fifth in the NFL in kickoff return average.

2014 NFL Leaders, Kickoff Return Average

	<u>Average</u>
1. Adam Jones, CIN	31.3
2. Jacoby Jones, BAL	30.6
3. Knile Davis, KC	28.6
4. Jarvis Landry, MIA	28.1
5. Benny Cunningham, STL	27.5

SIR LANCE (SCORES) A LOT

TE Lance Kendricks wasn't the most targeted of Rams receivers, but he made his catches count in 2014.

The former Wisconsin Badger scored five touchdowns to lead all St. Louis pass catchers. His 23-yard score in Week 16 against the Giants was his 13th career touchdown catch, and he's now fifth in franchise history among tight ends in the category. Kendricks needs just one more score to tie Troy Drayton (14, 1993-96) for fourth on the list. He's five behind the franchise leader, Damone Johnson (18, 1986-92).



TE Lance Kendricks

Kendricks caught a four-yard touchdown pass from Austin Davis with 5:36 remaining in the fourth quarter in the team's Week 7 win over Seattle. The touchdown allowed the Rams to answer after Russell Wilson and company had pulled to within two points at 21-19. Kendricks pushed the St. Louis lead back to nine, 28-19.

The third-year tight end also scored in Week 6 when he caught a 22-yard pass from Davis. He totalled 27 catches for 259 yards to go along with his five scores in 2014.

Throughout his four seasons in St. Louis, Kendricks has been a reliable target. He finished the 2012 season with 42 receptions for 519 yards and four touchdowns. His 519 receiving yards were at the time the most by a Rams tight end since the team moved to St. Louis in 1995. Teammate Jared Cook surpassed those totals in 2013.

Rams All-Time Leaders, TDs by a Tight End

	<u>Touchdowns</u>
1. Damone Johnson, 1986-92	18
2. Billy Traux, 1964-70	16
3. Bob Klein, 1969-76	15
4. Troy Drayton, 1993-96	14
5. Lance Kendricks, 2011-present	13

COACH 'EM UP

The Rams added three new faces to their coaching staff this season and did a little reshuffling.

Chris Weinke, the former NFL quarterback and Heisman Trophy winner, was hired to coach quarterbacks after Frank Cignetti was promoted to offensive coordinator. Head Coach Jeff Fisher also added former Pro Bowl quarterback Jeff Garcia to his staff. Garcia will serve as an offensive assistant and work primarily with the wide receivers.



QB Coach Chris Weinke

On the defensive side of the ball, Jeff Imamura joins the staff as a quality control coach. Imamura previously spent eight seasons as an assistant with the Vikings.

The Rams also added former Auburn quarterback Barrett Trotter to the coaching staff as a quality control coach. Trotter spent the last two years working in the Rams' scouting and operations departments.

GREG THE LEG

Rams K Greg "The Leg" Zuerlein was once again a reliable deep threat in 2014.

Zuerlein was 5-of-7 from beyond 50 yards during his third NFL season, which gave him the fifth most field goals of 50 or more yards in a season in Rams history.

With 13 career kicks from long range, Zuerlein ranks third in team history in field goals of 50 yards or more. He needs just three to pass Josh Brown and move into second place.



K Greg Zuerlein

Zuerlein was 24-of-30 overall on the season. In the team's Week 11 win over Denver, he was a perfect 5-of-5 on field goals, his first five field goal game of his career. Two of those kicks came from beyond 50 yards as Zuerlein scored 16 of the team's 22 points. He was named NFC Special Teams Player of the Week for the effort, his third such honor of his career.

In the team's Week 9 win at San Francisco, Zuerlein connected on a pair of field goals - one from 37 yards and another from 39 in the team's win. His 39-yarder came in the fourth quarter and proved to be the difference in the 13-10 St. Louis victory.

The game winner against the 49ers marked the fifth time in three seasons that Zuerlein has made a fourth quarter/overtime kick to tie or give the Rams a lead.

The third-year pro is also the second most accurate kicker in team history when it comes to field goals as he's made 82.0 percent of his kicks (73-of-89).

Zuerlein led the Rams in points scored in 2014 with 106. His 313 career points are the eighth most by a kicker in franchise history.

A GOOD START

The Rams were among the NFL's best out of the gates last season.

St. Louis scored on its first possession of the game in each of its last four home games and the Rams put points on the board in eight total games on their opening drive of the contest.

Their five touchdowns on their first drives of the first quarter ranked tied for the third in the NFL last season.

The Rams also added three field goals on their opening possession to give them 41 points on opening drives. That total was the third most points in the category this season.



TE Lance Kendrick, who led the Rams with five touchdown catches this season.

St. Louis showed marked improvement in this area as the Rams were last in the NFL in opening drive points in 2013. They scored just twice for a total of 10 points on their first possession of games in the previous year.

Most Points on Opening Drive, 2014 Season

	Points
1. San Francisco 49ers	55
2. Green Bay Packers	48
3. St. Louis Rams	44
4. Atlanta Falcons	41
5. Denver Broncos	40

JOHNNY ON THE SPOT

Late in the 2014 season, the Rams rewarded P Johnny Hekker with a new six-year contract that will keep him with the team through the 2020 season.

Hekker earned the contract by becoming one of the NFL's most dangerous special teams weapons, be it with his foot or his arm.

In 48 career games that Hekker, has recorded a net average of 45.0 yards or more on 13 different occasions, including the last two weeks of the 2014 season when he netted 45.5 against the Giants and 48.0 against the Seahawks. Hekker finished 4th in the NFL in 2014 in net average (42.3) and 8th in gross (46.5).



P Johnny Hekker

In addition, Hekker was third in the league with 33 punts downed inside opponents' 20 yard line. That total is a new career high for the third-year pro. Since the NFL began tracking the stat in 1976, only one Rams punter has placed more punts inside the opponents' 20 in a season (Donnie Jones, 34 in 2009).

Hekker is a former high school quarterback, and the Rams put his passing skills to use on a regular occasion. In the team's win over Washington, he took a snap on a PAT, stood up and tossed a strike to TE Cory Harkey for a two-point conversion.

In Week 12 at San Diego, with the Rams down 10 in the fourth quarter, Hekker was called upon to throw on a fake from the Rams' 26 yard line. He executed to perfection and St. Louis was able to drive for a touchdown to close the gap to three points. Hekker also completed a pass on a fake punt against Seattle in a Week 7 win this season.

In three NFL seasons, Hekker is 5-of-6 passing on fakes, including a touchdown pass on a fake field goal as a rookie in 2012.

Hekker was a second-team All-Pro in 2014. He earned both Pro Bowl and All-Pro honors in 2013 after he recorded the highest single-season net average (44.2) in NFL history.

HE'S A WINNER

Rams Head Coach Jeff Fisher has won 162 regular season games during his 19-plus seasons as an NFL head coach.

Fisher is among the winningest head coaches of his era. Among active head coaches, Fisher is third in career wins, trailing only Bill Belichick and Tom Coughlin.

With the team's Week 14 win over Washington, Fisher passed Mike Holmgren for 13th on the NFL's all-time wins list. Next up on the list is Fisher's good friend Mike Shanahan, who has 170 career wins.



Head Coach Jeff Fisher

Most Regular Season Wins, Active Head Coaches

	Wins
1. Bill Belichick	211
2. Tom Coughlin	164
3. Jeff Fisher	162
4. Andy Reid	150
5. John Fox	119

2015 PRESEASON ST. LOUIS RAMS DEFENSIVE STATS

(based on coaches' video tape evaluations)

TACKLES	Total	Solo	Asst.	Sacks	Yards	Int.	*PD	QB Press.	QB Hits	*FF	*FR
Bryce Hager	8	6	2	0.0	0.0	0	0	0	0	0	0
Louis Trinca-Pasat	7	4	3	0.0	0.0	0	0	0	0	0	0
Lamarcus Joyner	6	6	0	0.0	0.0	0	0	0	0	0	0
Matt Longacre	6	3	3	0.0	0.0	0	0	3	1	0	0
Ethan Westbrook	5	3	2	0.0	0.0	0	0	0	0	0	0
Marshall McFadden	4	4	0	0.0	0.0	0	0	0	0	0	0
T.J. McDonald	4	1	3	0.0	0.0	0	0	0	0	0	0
Maurice Alexander	4	1	3	0.0	0.0	0	0	0	0	0	0
Marcus Roberson	3	3	0	0.0	0.0	0	0	0	0	0	0
Cody Davis	3	2	1	0.0	0.0	0	1	0	0	0	0
Nick Fairley	3	1	2	0.0	0.0	0	0	1	0	0	0
Rodney McLeod	3	1	2	0.0	0.0	0	0	0	0	0	0
Mark Barron	2	1	1	0.0	0.0	0	0	0	0	0	0
Martin Ifedi	2	1	1	0.0	0.0	0	0	2	0	0	0
Marcus Forston	2	2	0	0.0	0.0	0	0	1	0	0	0
James Laurinaitis	2	2	0	0.0	0.0	0	0	0	0	0	0
Trovon Reed	2	2	0	0.0	0.0	0	1	0	0	0	0
Alec Ogletree	2	2	0	0.0	0.0	0	0	0	0	0	0
Akeem Ayers	2	1	1	0.0	0.0	0	0	0	0	0	0
Janoris Jenkins	2	1	1	0.0	0.0	0	0	0	0	0	0
Jo-Lonn Dunbar	2	0	2	0.0	0.0	0	0	0	0	0	0
Aaron Donald	2	0	2	0.0	0.0	0	0	1	0	0	0
Cameron Lynch	2	0	2	0.0	0.0	0	0	0	0	0	0
Trumaine Johnson	1	1	0	0.0	0.0	1	1	0	0	0	0
Montell Garner	1	1	0	0.0	0.0	0	0	0	0	0	0
Michael Brockers	1	1	0	0.0	0.0	0	0	0	0	0	0
William Hayes	1	0	1	0.0	0.0	0	0	0	0	0	0
Jacob Hagen	1	0	1	0.0	0.0	0	0	0	0	0	0
Imoan Claiborne	0	0	0	0.0	0.0	1	0	0	0	0	0
Total	83	50	33	0.0	0.0	2	32	8	1	0	0

* PD is passes defensed

SPECIAL TEAMS TACKLES

Chase Reynolds.....	1
Cameron Lynch.....	1
Total.....	2

2014 ST. LOUIS RAMS DEFENSIVE STATS

(based on coaches' video tape evaluations)

TACKLES	Total	Solo	Asst.	Sacks	Yards	Int.	*PD	QB Press.	QB Hits	*FF	*FR
Alec Ogletree	169	110	59	0.0	0.0	2	11	8	2	5	0
James Laurinaitis	168	86	82	3.5	24.0	0	2	9	3	0	2
T.J. McDonald	136	98	38	2.0	13.0	1	8	6	1	0	1
E.J. Gaines	105	76	29	0.0	0.0	2	14	1	1	0	2
Rodney McLeod	96	64	32	0.0	0.0	2	6	3	0	2	2
William Hayes	75	37	38	4.0	32.0	0	1	39	6	1	1
Michael Brockers	73	31	42	2.0	8.0	0	0	14	2	0	1
Aaron Donald	72	49	23	9.0	68.0	0	2	32	12	2	0
Janoris Jenkins	65	60	5	0.0	0.0	2	7	0	1	2	0
Robert Quinn	61	42	19	10.5	73.0	0	4	37	24	6	0
Jo-Lonn Dunbar	52	30	22	0.0	0.0	0	0	5	1	0	0
Kendall Langford	51	22	29	1.0	0.0	0	0	15	5	1	0
Lamarcus Joyner	48	33	15	1.0	6.0	0	3	1	0	0	0
Eugene Sims	45	22	23	3.0	16.0	0	0	24	5	0	1
Trumaine Johnson	43	36	7	0.0	0.0	3	3	0	0	0	0
Mark Barron	23	16	7	3.0	16.0	0	1	3	1	0	0
Chris Long	20	10	10	1.0	7.0	0	0	9	2	0	1
Marcus Roberson	12	8	4	0.0	0.0	1	0	0	0	0	0
Ethan Westbrooks	12	5	7	0.0	0.0	0	0	3	1	0	0
Alex Carrington	10	3	7	0.0	0.0	0	0	4	0	0	0
Brandon McGee	4	2	2	0.0	0.0	0	0	0	0	0	0
Cody Davis	3	2	1	0.0	0.0	0	0	0	0	0	1
Daren Bates	1	1	0	0.0	0.0	0	0	0	0	0	0
Total	1,344	843	501	40.0	265.0	13	62	213	67	19	12

* PD is passes defensed

SPECIAL TEAMS TACKLES

Chase Reynolds.....	19
Daren Bates.....	10
Cody Davis.....	10
Trey Watts.....	9
Will Herring.....	8
Maurice Alexander.....	7
Mark Barron.....	5
Korey Toomer.....	5
Marshall McFadden.....	4
Stedman Bailey.....	3
Lamarcus Joyner.....	3
Rodney McLeod.....	3
T.J. McDonald.....	2
Cory Harkey.....	2
Jake McQuaide.....	2
Benny Cunningham.....	2
Ray Ray Armstrong.....	1
Marcus Roberson.....	1
Brandon McGee.....	1
Eugene Sims.....	1
Greg Zuerlein.....	1
Total.....	98

SACK LEADERS	No.	Yards
Robert Quinn.....	10.5	73.0
Aaron Donald.....	9.0	68.0
William Hayes.....	4.0	32.0
James Laurinaitis.....	3.5	26.0
Eugene Sims.....	3.0	16.0
Mark Barron.....	3.0	16.0
T.J. McDonald.....	2.0	13.0
Michael Brockers.....	2.0	8.0
Chris Long.....	1.0	7.0
Lamarcus Joyner.....	1.0	6.0
Kendall Langford.....	1.0	0.0
Total.....	40.0	265.0

Won 0, Lost 1

8/14/2015 L 3- 18

at Oakland Raiders

St. Louis Opponent

Total First Downs

Rushing

Passing

Penalty

3rd Down: Made/Att

3rd Down Pct.

4th Down: Made/Att

4th Down Pct.

Possession Avg.

Total Net Yards

Avg. Per Game

Total Plays

Avg. Per Play

Net Yards Rushing

Avg. Per Game

Total Rushes

Net Yards Passing

Avg. Per Game

Sacked/Yards Lost

Gross Yards

Attempts/Completions

Completion Pct.

Had Intercepted

Punts/Average

Net Punting Avg.

Penalties/Yards

Fumbles/Ball Lost

Touchdowns

Rushing

Passing

Returns

Score By Periods

Team

Opponents

Scoring

G.Zuerlein

Team

Opponents

2-Pt. Conversions: Team 0/ 0, Opponents: 0/ 2

Sacks Opponents: 3.0

Rushing

M.Brown

T.Watts

C.Givens

I.Pead

B.Cunningham

T.Mason

C.Reynolds

Team

Opponents

Receiving

C.Givens

B.Marquez

S.Bailey

T.Watts

T.Austin

L.Kendricks

I.Ferguson

E.Blake

Z.Laskey

T.Slavin

K.Britt

M.Brown

I.Pead

A.Bayer

D.Rodriguez

J.Cook

D.Williams

Team

Opponents

Interceptions

T.Johnson

I.Claiborne

Team

Punting

J.Hekker

M.Palardy

Team

Opponents

Punt Returns

D.Rodriguez

Team

Opponents

Kickoff Returns

D.Rodriguez

D.Williams

Team

Opponents

Field Goals

G.Zuerlein

M.Palardy

Team

Opponents

No.

Yds

Avg

Long

TD

No.

Yds

Avg

Long

TD

No.

Yds

Avg

Long

TD

No

Yds

Avg

Net

TB

In

Lg

B

Ret

FC

Yds

Avg

Long

TD

No.

Yds

Avg

Long

TD

1-19

20-29

30-39

40-49

50+

Passing

C.Keenum

N.Foles

S.Mannion

A.Davis

Team

Opponents

Att

Cmp

Yds

Cmp%

Yds/Att

TD

TD%

Int

Int%

Long

Sack

Lost

Rating



RAMS COACHES & PRONUNCIATION GUIDE

Head Coach	Jeff Fisher
Assistant Head Coach	Dave McGinnis
Assistant Head Coach/Offense	Rob Boras
Offensive Coordinator	Frank Cignetti
Special Teams Coordinator	John Fassel
Defensive Coordinator	Gregg Williams
Assistant Strength	J. Aggabao
Assistant Strength	Adam Bailey
Offensive Line	Paul T. Boudreau
Assistant Special Teams	Paul F. Boudreau
Assistant Linebackers	Joe Bowden
Linebackers	Frank Bush
Senior Defensive Assistant	Chuck Cecil
Assistant Offensive Line	Andy Dickerson
Defensive Backs	Brandon Fisher
Offensive Assistant	Jeff Garcia
Strength & Conditioning	Rock Gullickson
Quality Control/Defense	Jeff Imamura
Wide Receivers	Ray Sherman
Assistant Defensive Line	Clyde Simmons
Running Backs	Ben Sirmans
Offensive Assistant	Kenan Smith
Quality Control/Offense	Andy Sugarman
Offensive Assistant	Barrett Trotter
Defensive Line	Mike Waufle
Quarterbacks	Chris Weinke
Defensive Backs	Dennard Wilson

PRONUNCIATION GUIDE

PLAYERS

11	TAVON Austin	TAY-von
68	JAMON Brown	juh-MON
45d	IMOAN Claiborne	ee-MON
64	Andrew DONNAL	don-NEL
30	Todd GURLEY	GUR-lee
79	Rob HAVENSTEIN	HAY-vin-stine
96	Martin IFEDI	ee-FED-ee
55	James LAURINAITIS	Lore-in-EYE-tis
23	Rodney McLEOD	mick-CLOUD
41	TROVON Reed	truh-VON
47	Marcus ROBERSON	ROBE-er-son
8	Tyler SLAVIN	SLAY-vin
69	Cody WICHMANN	WICK-man
4	Greg ZUERLEIN	ZURR-line



RAMS UNOFFICIAL DEPTH CHART

8/15/2015

OFFENSE

WR	18 Kenny Britt	19 Chris Givens	2 <u>Isiah Ferguson</u>	
TE	89 Jared Cook	46 Cory Harkey	82 Alex Bayer	87 Brad Smelley
LT	73 Greg Robinson	66 Steven Baker	63 <u>Darrell Williams</u>	
LG	76 Rodger Saffold	70 Brandon Washington	69 <u>Cody Wichmann</u>	
C	67 Barrett Jones	65 Demetrius Rhaney	61 Tim Barnes	57 <u>David Wang</u>
RG	68 <u>Jamon Brown</u>	71 Garrett Reynolds	60 Travis Bond	
RT	79 <u>Rob Havenstein</u>	64 <u>Andrew Donnal</u>	77 <u>Isaiah Battle</u>	
TE	88 Lance Kendricks	46 Cory Harkey	48 Justice Cunningham	
WR	11 Tavon Austin	83 Brian Quick	10 Damian Williams	3 <u>Daniel Rodriguez</u>
WR	12 Stedman Bailey	16 Emory Blake	15 <u>Bradley Marquez</u>	8 Tyler Slavin
QB	5 Nick Foles	17 Case Keenum	9 Austin Davis	14 <u>Sean Mannion</u>
HB	27 Tre Mason	30 <u>Todd Gurley</u>	36 Benny Cunningham	24 Isaiah Pead
		34 Chase Reynolds	39 <u>Malcolm Brown</u>	42 Trey Watts
				45 <u>Zach Laskey</u>

DEFENSE

LDE	91 Chris Long	95 William Hayes	96 <u>Martin Ifedi</u>	
LDT	99 Aaron Donald	98 Nick Fairley	62 <u>Louis Trinca-Pasat</u>	
RDT	90 Michael Brockers	93 Ethan Westbrooks	92 Doug Worthington	72 Marcus Forston
RDE	94 Robert Quinn	97 Eugene Sims	63 <u>Matt Longacre</u>	
RLB	58 Jo-Lonn Dunbar	56 Akeem Ayers	59 Korey Toomer	
MLB	55 James Laurinaitis	53 Daren Bates	54 <u>Bryce Hager</u>	57 <u>Keshaun Malone</u>
LLB	52 Alec Ogletree	51 Marshall McFadden	50 <u>Cameron Lynch</u>	
LCB	22 Trumaine Johnson	20 Lamarcus Joyner	49 <u>Montell Garner</u>	33 E.J. Gaines
RCB	21 Janoris Jenkins	47 Marcus Roberson	32 Brandon McGee	45 <u>Imoan Claiborne</u>
				41 <u>Trovon Reed</u>
FS	23 Rodney McLeod	38 Cody Davis	37 Christian Bryant	43 <u>Jacob Hagen</u>
SS	25 T.J. McDonald	26 Mark Barron	31 Maurice Alexander	35 <u>Jay Hughes</u>

SPECIALISTS

P	6 Johnny Hekker	1 Michael Palardy		
K	4 Greg Zuerlein	1 Michael Palardy		
H	6 Johnny Hekker			
LS	44 Jake McQuaide	84 Tyler Ott		
PR	11 Tavon Austin	10 Damian Williams	3 <u>Daniel Rodriguez</u>	
KR	36 Benny Cunningham	24 Isaiah Pead	11 Tavon Austin	13 Chris Givens

RAMS ALPHABETICAL ROSTER

#	Player	Pos	Ht	Wt	DOB	Age	Exp	College	H.S. Hometown	How Acq
31	Alexander, Maurice	S	6-1	220	2/16/1991	24	2	Utah State	St. Louis, Mo.	D4-'14
11	Austin, Tavon	WR	5-8	176	3/15/1991	24	3	West Virginia	Baltimore, Md.	D1A-'13
56	Ayers, Akeem	LB	6-3	255	7/10/1989	26	5	UCLA	Los Angeles, Calif.	UFA(TEN)-'15
12	Bailey, Stedman	WR	5-10	194	11/11/1990	24	3	West Virginia	Miami, Fla.	D3B-'13
66	Baker, Steven	T	6-8	329	11/24/1988	26	1	East Carolina	Rocky Mount, N.C.	FA-'14
61	Barnes, Tim	C	6-4	306	5/14/1988	27	4	Missouri	Longwood, Mo.	FA-'11
26	Barron, Mark	S	6-2	213	10/27/1989	25	4	Alabama	Mobile, Ala.	T(TB)-'14
53	Bates, Daren	LB	5-11	225	11/27/1990	24	3	Auburn	Olive Branch, Miss.	FA-'13
77	Battle, Isaiah	T	6-7	290	2/10/1993	22	R	Clemson	Brooklyn, N.Y.	D5(Sup)-'15
82	Bayer, Alex	TE	6-4	258	11/8/1990	24	2	Bowling Green	Pickerington, Ohio	FA-'14
16	Blake, Emory	WR	6-0	192	7/18/1991	24	1	Auburn	Austin, Tex.	FA-'14
60	Bond, Travis	OL	6-6	329	12/10/1990	24	1	North Carolina	Windsor, N.C	FA-'14
18	Britt, Kenny	WR	6-3	223	9/18/1988	26	7	Rutgers	Bayonne, N.J.	UFA(TEN)-'14
90	Brockers, Michael	DT	6-5	326	12/21/1990	24	4	LSU	Houston, Tex.	D1-'12
68	Brown, Jamon	OL	6-4	323	3/15/1993	22	R	Louisville	Fern Creek, Ky.	D3A-'15
39	Brown, Malcolm	RB	5-11	224	5/15/1993	22	R	Texas	Cibolo, Tex.	FA-'15
37	Bryant, Christian	S	5-9	198	3/21/1992	23	1	Ohio State	Cleveland, Ohio	D7B-'14
45d	Claiborne, Imoan	CB	5-10	193	7/20/1992	23	R	Northwestern State (La.)	Alexandria, La.	FA-'15
89	Cook, Jared	TE	6-5	254	4/7/1987	28	7	South Carolina	Suwanee, Ga.	UFA(TEN)-'13
36	Cunningham, Benny	RB	5-10	217	7/7/1990	25	3	Middle Tennessee	Nashville, Tenn.	FA-'13
48	Cunningham, Justice	TE	6-3	258	1/14/1991	24	1	South Carolina	Pageland, S.C.	FA-'14
9	Davis, Austin	QB	6-2	221	6/2/1989	26	3	Southern Miss	Collinsville, Miss.	FA-'13
38	Davis, Cody	S	6-1	206	6/6/1989	26	3	Texas Tech	Stephenville, Tex.	FA-'13
99	Donald, Aaron	DT	6-1	285	5/23/1991	24	2	Pittsburgh	Pittsburgh, Pa.	D1B-'14
64	Donnal, Andrew	T	6-6	316	3/3/1992	23	R	Iowa	Monclova, Ohio	D4-'15
58	Dunbar, Jo-Lonn	LB	6-0	235	3/13/1985	30	8	Boston College	Syracuse, N.Y.	UFA (NO)-'12
98	Fairley, Nick	DT	6-4	308	1/23/1988	27	5	Auburn	Mobile, Ala.	UFA(DET)-'15
2	Ferguson, Isiah	WR	6-5	218	1/8/1991	24	R	Arkansas-Pine Bluff	Mt. Vernon, N.Y.	FA-'15
5	Foles, Nick	QB	6-6	243	1/20/1989	26	4	Arizona	Austin, Tex.	T(PHI)-'15
72	Forston, Marcus	DT	6-3	305	9/28/1989	25	3	Miami (Fla.)	Miami, Fla.	FA-'15
33	Gaines, E.J.	CB	5-10	190	2/23/1992	23	2	Missouri	Independence, Mo.	D6A-'14
49	Garner, Montell	CB	5-11	188	2/12/1993	22	R	South Alabama	Colleyville, Tex.	FA-'15
19	Givens, Chris	WR	6-0	203	12/6/1989	25	4	Wake Forest	Wylie, Tex.	D4-'12
30	Gurley, Todd	RB	6-1	227	8/3/1994	21	R	Georgia	Tarboro, N.C.	D1-'15
43	Hagen, Jacob	SS	6-2	205	3/16/1992	23	R	Liberty	Orange Park, Fla.	FA-'15
54	Hager, Bryce	LB	6-1	235	5/4/1992	23	R	Baylor	Austin, Tex.	D7A-'15
46	Harkey, Cory	TE	6-4	259	6/17/1990	25	4	UCLA	Chino Hills, Calif.	FA-'12
79	Havenstein, Rob	T	6-8	321	5/13/1992	23	R	Wisconsin	Mount Airy, Md.	D2-'15
95	Hayes, William	DE	6-3	278	5/2/1985	30	8	Winston-Salem State	High Point, N.C.	UFA (TEN)-'12
6	Hekker, Johnny	P	6-5	236	2/8/1990	25	4	Oregon State	Bothell, Wash.	FA-'12
35	Hughes, Jay	SS	5-10	194	11/21/1991	23	R	Mississippi State	Hattiesburg, Miss.	FA-'15
96	Ifedi, Martin	DE	6-3	275	9/4/1991	23	R	Memphis	Houston, Tex.	D7B-'15
21	Jenkins, Janoris	CB	5-10	198	10/29/1988	26	4	North Alabama	Pahokee, Fla.	D2B-'12
22	Johnson, Trumaine	CB	6-2	208	1/1/1990	25	4	Montana	Stockton, Calif.	D3-'12
67	Jones, Barrett	C/G	6-4	308	5/25/1990	25	3	Alabama	Germantown, Tenn.	D4-'13
20	Joyner, Lamarus	DB	5-8	184	11/27/1990	24	2	Florida State	Ft. Lauderdale, Fla.	D2-'14
17	Keenum, Case	QB	6-1	205	2/17/1988	27	4	Houston	Abilene, Tex.	T(HOU)-'15
88	Kendricks, Lance	TE	6-3	250	1/30/1988	27	5	Wisconsin	Milwaukee, Wisc.	D2-'11
45o	Laskey, Zach	FB	6-2	225	7/8/1992	23	R	Georgia Tech	Peachtree City, Ga.	FA-'15
55	Laurinaitis, James	LB	6-2	248	12/3/1986	28	7	Ohio State	Plymouth, Minn.	D2-'09
91	Long, Chris	DE	6-3	268	3/28/1985	30	8	Virginia	Charlottesville, Va.	D1-'08
63d	Longacre, Matt	DE	6-3	260	9/21/1991	23	R	Northwest Missouri St.	Omaha, Nebr.	FA-'15
50	Lynch, Cameron	LB	6-0	229	8/4/1993	22	R	Syracuse	Lawrenceville, Ga.	FA-'15
57d	Malone, Keshau	LB	6-2	260	8/11/1992	23	R	Bacone	Gardenia, Calif.	FA-'15
14	Mannion, Sean	QB	6-6	233	4/25/1992	23	R	Oregon State	Pleasanton, Calif.	D3B-'15
15	Marquez, Bradley	WR	5-10	196	12/14/1992	22	R	Texas Tech	Odessa, Tex.	FA-'15
27	Mason, Tre	RB	5-8	207	8/6/1993	22	2	Auburn	Palm Beach, Fla.	D3-'14
25	McDonald, T.J.	S	6-2	217	1/26/1991	24	3	USC	Fresno, Calif.	D3A-'13
51	McFadden, Marshall	LB	6-1	235	8/4/1986	29	1	South Carolina State	Lamar, S.C.	FA-'14
32	McGee, Brandon	CB	5-11	193	12/11/1990	24	3	Miami (Fla.)	Plantation, Fla.	D5A-'13
23	McLeod, Rodney	S	5-10	195	6/23/1990	25	4	Virginia	Oxon Hill, Md.	FA-'12
44	McQuaide, Jake	LS	6-2	244	12/7/1987	27	5	Ohio State	Cincinnati, Ohio	FA-'11
52	Ogletree, Alec	LB	6-2	245	9/25/1991	23	3	Georgia	Newnan, Ga.	D1B-'13
84	Ott, Tyler	LS	6-3	252	2/28/1992	23	1	Harvard	Tulsa, Okla.	FA-'15
1	Palardy, Michael	P/K	5-11	191	7/6/1992	23	1	Tennessee	Coral Springs, Fla.	FA-'15
24	Pead, Isaiah	RB	5-10	204	12/14/1989	24	4	Cincinnati	Columbus, Ohio	D2C-'12
83	Quick, Brian	WR	6-3	218	6/5/1989	26	4	Appalachian State	Columbia, S.C.	D2A-'12
94	Quinn, Robert	DE	6-4	264	5/18/1990	25	5	North Carolina	Ladson, S.C.	D1-'11
41	Reed, Trovon	DB	6-0	190	12/30/1991	24	R	Auburn	Thibodaux, La.	FA-'15
34	Reynolds, Chase	RB	6-0	205	10/22/1987	27	3	Montana	Drummond, Mont.	FA-'11
71	Reynolds, Garrett	T	6-7	305	7/1/1987	28	7	North Carolina	Knoxville, Tenn.	UFA(DET)-'15
65	Rhaney, Demetrius	OL	6-2	301	6/22/1992	23	2	Tennessee State	Ft. Lauderdale, Fla.	D7D-'14
47	Roberson, Marcus	CB	6-0	191	10/4/1992	22	2	Florida	Ft. Lauderdale, Fla.	FA-'14
73	Robinson, Greg	OL	6-5	332	10/21/1992	22	2	Auburn	Thibodaux, La.	D1A-'14
3	Rodriguez, Daniel	WR	5-8	180	1/8/1988	27	R	Clemson	Stafford, Va.	FA-'15
76	Saffold, Rodger	T	6-5	332	6/6/1988	27	6	Indiana	Bedford, Ohio	D2-'10
97	Sims, Eugene	DE	6-6	269	3/18/1986	29	6	West Texas A&M	Mt. Olive, Miss.	D6B-'10
8	Slavin, Tyler	WR	6-1	201	1/29/1992	23	R	New Mexico Highlands	Corona, Calif.	FA-'15
87	Smelley, Brad	TE	6-2	235	4/20/1989	26	1	Alabama	Tuscaloosa, Ala.	FA-'14
59	Toomer, Korey	LB	6-2	234	12/9/1988	26	2	Idaho	Las Vegas, Nev.	FA-'14
62	Trinca-Pasat, Louis	DT	6-1	292	9/7/1991	23	R	Iowa	Chicago, Ill.	FA-'15
57o	Wang, David	C	6-2	308	10/28/1990	24	R	Virginia Tech	Ashburn, Va.	FA-'15
70	Washington, Brandon	T	6-2	318	8/13/1988	27	3	Miami (Fla.)	Miami, Fla.	FA-'12
42	Watts, Trey	RB	5-9	208	2/13/1991	24	2	Tulsa	Fairfax, Va.	FA-'14
93	Westbrooks, Ethan	DL	6-4	267	11/15/1990	24	2	West Texas A&M	Oakland, Calif.	FA-'14
69	Wichmann, Cody	OL	6-5	319	3/2/1992	23	R	Fresno State	Mariposa, Calif.	D6B-'15
10	Williams, Damian	WR	6-1	200	5/26/1988	27	6	USC	Springdale, Ark.	FA-'14
63o	Williams, Darrell	T	6-5	301	8/3/1993	22	R	South Florida	Orlando, Fla.	FA-'15
92	Worthington, Doug	DT	6-5	318	8/10/1987	28	1	Ohio State	Buffalo, N.Y.	FA-'14
4	Zuerlein, Greg	K	6-0	196	12/27/1987	26	4	Missouri Western	Lincoln, Nebr.	D6-'12

RAMS NUMERICAL ROSTER

#	Player	Pos	Ht	Wt	Birth	NFL		College	H.S. Hometown	How Acq
					Date	Age	Exp			
1	Michael Palardy	P/K	5-11	191	7/6/1992	23	1	Tennessee	Coral Springs, Fla.	FA-'15
2	Isiah Ferguson	WR	6-5	218	1/8/1991	24	R	Arkansas-Pine Bluff	Mt. Vernon, N.Y.	FA-'15
3	Daniel Rodriguez	WR	5-8	180	1/8/1988	27	R	Clemson	Stafford, Va.	FA-'15
4	Greg Zuerlein	K	6-0	196	12/27/1987	27	4	Missouri Western	Lincoln, Nebr.	D6-'12
5	Nick Foles	QB	6-6	243	1/20/1989	26	4	Arizona	Austin, Tex.	T(PHI)-'15
6	Johnny Hekker	P	6-5	236	2/8/1990	25	4	Oregon State	Bothell, Wash.	FA-'12
8	Tyler Slavin	WR	6-1	201	1/29/1992	23	R	New Mexico Highlands	Corona, Calif.	FA-'15
9	Austin Davis	QB	6-2	221	6/2/1989	26	3	Southern Miss	Collinsville, Miss.	FA-'13
10	Damian Williams	WR	6-1	200	5/26/1988	27	6	USC	Springdale, Ari.	FA-'14
11	Tavon Austin	WR	5-8	176	3/15/1991	24	3	West Virginia	Baltimore, Md.	D1A-'13
12	Stedman Bailey	WR	5-10	193	11/11/1990	24	3	West Virginia	Miami, Fla.	D3B-'13
14	Sean Mannion	QB	6-6	233	4/25/1992	23	R	Oregon State	Pleasanton, Calif.	D3B-'15
15	Bradley Marquez	WR	5-10	196	12/14/1992	22	R	Texas Tech	Odessa, Tex.	FA-'15
16	Emory Blake	WR	6-0	192	7/18/1991	24	1	Auburn	Austin, Tex.	FA-'14
17	Case Keenum	QB	6-1	205	2/17/1988	27	4	Houston	Abilene, Tex.	T(HOU)-'15
18	Kenny Britt	WR	6-3	223	9/19/1988	26	7	Rutgers	Bayonne, N.J.	UFA(TEN)-'14
19	Chris Givens	WR	6-0	203	12/6/1989	25	4	Wake Forest	Wylie, Tex.	D4-'12
20	Lamarcus Joyner	DB	5-8	184	11/27/1990	24	2	Florida St.	Ft. Lauderdale, Fla.	D2-'14
21	Janoris Jenkins	CB	5-10	198	10/29/1988	26	4	North Alabama	Pahokee, Fla.	D2B-'12
22	Trumaine Johnson	CB	6-2	208	1/1/1990	25	4	Montana	Stockton, Calif.	D3-'12
23	Rodney McLeod	S	5-10	195	6/23/1990	25	4	Virginia	Oxon Hill, Md.	FA-'12
24	Isaiah Pead	RB	5-10	204	12/14/1989	24	4	Cincinnati	Columbus, Ohio	D2C-'12
25	T.J. McDonald	S	6-2	217	1/26/1991	24	3	USC	Fresno, Calif.	D3A-'13
26	Mark Barron	S	6-2	213	10/27/1989	25	4	Alabama	Mobile, Ala.	T(TB)-'14
27	Tre Mason	RB	5-8	207	8/6/1993	22	2	Auburn	Palm Beach, Fla.	D3-'14
30	Todd Gurley	RB	6-1	227	8/3/1994	21	R	Georgia	Tarboro, N.C.	D1-'15
31	Maurice Alexander	S	6-1	220	2/16/1991	24	2	Utah State	St. Louis, Mo.	D4-'14
32	Brandon McGee	CB	5-11	193	12/11/1990	24	3	Miami (Fla.)	Plantation, Fla.	D5A-'13
33	E.J. Gaines	CB	5-10	190	2/23/1992	23	2	Missouri	Independence, Mo.	D6a-'14
34	Chase Reynolds	RB	6-0	205	10/22/1987	27	3	Montana	Drummond, Mont.	FA-'11
35	Jay Hughes	SS	5-10	194	11/21/1991	23	R	Mississippi State	Hattiesburg, Miss.	FA-'15
36	Benny Cunningham	RB	5-10	217	7/7/1990	25	3	Middle Tennessee	Nashville, Tenn.	FA-'13
37	Christian Bryant	S	5-9	198	3/21/1992	23	1	Ohio State	Cleveland, Ohio	D7B-'14
38	Cody Davis	S	6-1	206	6/6/1989	26	3	Texas Tech	Stephenville, Tex.	FA-'13
39	Malcolm Brown	RB	5-11	224	5/15/1993	22	R	Texas	Cibolo, Tex.	FA-'15
41	Trovon Reed	DB	6-0	190	12/30/1991	24	R	Auburn	Thibodaux, La.	FA-'15
42	Trey Watts	RB	5-9	208	2/13/1991	24	2	Tulsa	Fairfax, Va.	FA-'14
43	Jacob Hagen	SS	6-2	205	3/16/1992	23	R	Liberty	Orange Park, Fla.	FA-'15
44	Jake McQuaide	LS	6-2	244	12/7/1987	27	5	Ohio State	Cincinnati, Ohio	FA-'11
45d	Imoan Claiborne	CB	5-10	193	7/20/1992	23	R	Northwestern State (La.)	Alexandria, La.	FA-'15
45o	Zach Laskey	FB	6-2	225	7/8/1992	23	R	Georgia Tech	Peachtree City, Ga.	FA-'15
46	Cory Harkey	TE	6-4	259	6/17/1990	25	4	UCLA	Chino Hills, Calif.	FA-'12
47	Marcus Roberson	CB	6-0	191	10/4/1992	22	2	Florida	Ft. Lauderdale, Fla.	FA-'14
48	Justice Cunningham	TE	6-3	258	1/14/1991	24	1	South Carolina	Pageland, S.C.	FA-'14
49	Montell Garner	CB	5-11	188	2/12/1993	22	R	South Alabama	Colleyville, Tex.	FA-'15
50	Cameron Lynch	LB	6-0	229	8/4/1993	22	R	Syracuse	Lawrenceville, Ga.	FA-'15
51	Marshall McFadden	LB	6-1	235	8/4/1986	29	1	South Carolina State	Lamar, S.C.	FA-'14
52	Alec Ogletree	LB	6-2	245	9/25/1991	23	3	Georgia	Newnan, Ga.	D1B-'13
53	Daren Bates	LB	5-11	225	11/27/1990	24	3	Auburn	Olive Branch, Miss.	FA-'13
54	Bryce Hager	LB	6-1	235	5/4/1992	23	R	Baylor	Austin, Tex.	D7A-'15
55	James Laurinaitis	LB	6-2	248	12/3/1986	29	7	Ohio State	Plymouth, Minn.	D2-'09
56	Akeem Ayers	LB	6-3	255	7/10/1989	26	5	UCLA	Los Angeles, Calif.	UFA(TEN)-'15
57d	Keshaun Malone	LB	6-2	260	8/11/1992	23	R	Bacone	Gardenia, Calif.	FA-'15
57o	David Wang	C	6-2	308	10/28/1990	24	R	Virginia Tech	Ashburn, Va.	FA-'15
58	Jo-Lonn Dunbar	LB	6-0	235	3/13/1985	30	8	Boston College	Syracuse, N.Y.	UFA (NO)-'12
59	Korey Toomer	LB	6-2	234	12/9/1988	26	2	Idaho	Las Vegas, Nev.	FA-'14
60	Travis Bond	OL	6-6	329	12/10/1990	24	1	North Carolina	Windsor, N.C.	FA-'14
61	Tim Barnes	C	6-4	306	5/14/1988	27	4	Missouri	Longwood, Mo.	FA-'11
62	Louis Trinca-Pasat	DT	6-1	292	9/7/1991	23	R	Iowa	Chicago, Ill.	FA-'15
63d	Matt Longacre	DE	6-3	260	9/21/1991	23	R	Northwest Missouri St.	Omaha, Nebr.	FA-'15
63o	Darrell Williams	T	6-5	301	8/3/1993	22	R	South Florida	Orlando, Fla.	FA-'15
64	Andrew Donnal	T	6-6	316	3/3/1992	23	R	Iowa	Monclova, Ohio	D4-'15
65	Demetrius Rhaney	OL	6-2	301	6/22/1992	23	2	Tennessee State	Ft. Lauderdale, Fla.	D7D-'14
66	Steven Baker	T	6-8	329	11/24/1988	26	1	East Carolina	Rocky Mount, N.C.	FA-'14
67	Barrett Jones	G/C	6-4	308	5/25/1990	25	3	Alabama	Germantown, Tenn.	D4-'13
68	Jamon Brown	OL	6-6	323	3/15/1993	22	R	Louisville	Fern Creek, Ky.	D3a-'15
69	Cody Wichmann	G	6-5	319	3/2/1992	23	R	Fresno State	Mariposa, Calif.	D6B-'15
70	Brandon Washington	T	6-2	318	8/13/1988	27	3	Miami (Fla.)	Miami, Fla.	FA-'12
71	Garrett Reynolds	T	6-7	308	7/1/1987	28	7	North Carolina	Knoxville, Tenn.	UFA(DET)-'15
72	Marcus Forston	DT	6-3	305	9/28/1989	25	3	Miami (Fla.)	Miami, Fla.	FA-'15
73	Greg Robinson	OL	6-5	332	10/21/1992	22	2	Auburn	Thibodaux, La.	D1a-'14
76	Rodger Saffold	T	6-5	332	6/6/1988	27	6	Indiana	Bedford, Ohio	D2-'10
77	Isaiah Battle	T	6-7	290	2/10/1993	22	R	Clemson	Brooklyn, N.Y.	D5(Sup)-'15
79	Rob Havenstein	T	6-8	321	5/13/1992	23	R	Wisconsin	Mount Airy, Md.	D2-'15
82	Alex Bayer	TE	6-4	258	11/8/1990	24	2	Bowling Green	Pickerington, Ohio	FA-'14
83	Brian Quick	WR	6-3	218	6/5/1989	26	4	Appalachian St.	Columbia, S.C.	D2A-'12
84	Tyler Ott	LS	6-3	252	2/28/1992	23	1	Harvard	Tulsa, Okla.	FA-'15
87	Brad Smelley	TE	6-2	235	4/20/1989	26	1	Alabama	Tuscaloosa, Ala.	FA-'14
88	Lance Kendricks	TE	6-3	250	1/30/1988	27	5	Wisconsin	Milwaukee, Wisc.	D2-'11
89	Jared Cook	TE	6-5	254	4/7/1987	28	7	South Carolina	Suwanee, Ga.	UFA (TEN)-'13
90	Michael Brockers	DT	6-5	326	12/21/1990	24	4	LSU	Houston, Tex.	D1-'12
91	Chris Long	DE	6-3	268	3/28/1985	30	8	Virginia	Charlottesville, Va.	D1-'08
92	Doug Worthington	DT	6-5	318	8/10/1987	28	1	Ohio State	Buffalo, N.Y.	FA-'14
93	Ethan Westbrook	DL	6-4	267	11/15/1990	24	2	West Texas A&M	Oakland, Calif.	FA-'14
94	Robert Quinn	DE	6-4	264	5/18/1990	25	5	North Carolina	Ladson, S.C.	D1-'11
95	William Hayes	DE	6-3	278	5/2/1985	30	8	Winston-Salem St.	High Point, N.C.	UFA (TEN)-'12
96	Martin Ifedi	DE	6-3	275	9/4/91	23	R	Memphis	Houston, Tex.	D7B-'15
97	Eugene Sims	DE	6-6	269	3/18/1986	29	6	West Texas A&M	Mt. Olive, Miss.	D6B-'10
98	Nick Fairley	DT	6-4	308	1/23/1988	27	5	Auburn	Mobile, Ala.	UFA(DET)-'15
99	Aaron Donald	DT	6-1	285	5/23/1991	24	2	Pittsburgh	Pittsburgh, Pa.	D1b-'14



ST. LOUIS RAMS POSITIONAL ROSTER

8/17/2015										
NFL										
#	Player	Pos	Ht	Wt	Birth Date	Age	Exp	College	H.S. Hometown	How Acq
QUARTERBACKS (4)										
5	Nick Foles	QB	6-6	243	1/20/1989	26	4	Arizona	Austin, Tex.	T(PHI)-'15
9	Austin Davis	QB	6-2	221	6/2/1989	24	3	Southern Miss	Collinsville, Miss.	FA-'13
14	Sean Mannion	QB	6-6	233	4/25/1992	23	R	Oregon State	Pleasanton, Calif.	D3b-'15
17	Case Keenum	QB	6-1	205	2/17/1988	27	4	Houston	Abilene, Tex.	T(HOU)-'15
RUNNING BACKS (8)										
24	Isaiah Pead	RB	5-10	204	12/14/1989	24	4	Cincinnati	Columbus, Ohio	D2C-'12
27	Tre Mason	RB	5-8	207	8/6/1993	22	R	Auburn	Palm Beach, Fla.	D3-'14
30	Todd Gurley	RB	6-1	227	8/3/1994	20	R	Georgia	Tarboro, N.C.	D1-'15
34	Chase Reynolds	RB	6-0	205	10/22/1987	26	2	Montana	Drummond, Mt.	FA-'11
36	Benny Cunningham	RB	5-10	217	7/7/1990	23	2	Middle Tennessee	Nashville, Tenn.	FA-'13
39	Malcolm Brown	RB	5-11	224	5/15/1993	21	R	Texas	Cibolo, Tex.	FA-'15
42	Trey Watts	RB	5-9	208	2/13/1991	23	R	Tulsa	Fairfax, Va.	FA-'14
45o	Zach Laskey	FB	6-2	225	7/8/1992	22	R	Georgia Tech	Peachtree City, Ga.	FA-'15
WIDE RECEIVERS (11)										
2	Isiah Ferguson	WR	6-5	218	1/8/1991	24	R	Arkansas-Pine Bluff	Mt. Vernon, N.Y.	FA-'15
3	Daniel Rodriguez	WR	5-8	180	1/8/1988	27	R	Clemson	Stafford, Va.	FA-'15
8	Tyler Slavin	WR	6-1	201	1/29/1992	23	R	New Mexico Highlands	Corona, Calif.	FA-'15
10	Damian Williams	WR	6-1	200	5/26/1988	26	6	USC	Springdale, Ari.	FA-'14
11	Tavon Austin	WR	5-8	176	3/15/91	23	2	West Virginia	Baltimore, Md.	D1A-'13
12	Stedman Bailey	WR	5-10	193	11/11/1990	23	2	West Virginia	Miami, Fla.	D3B-'13
15	Bradley Marquez	WR	5-10	196	12/14/1992	22	R	Texas Tech	Odessa, Tex.	FA-'15
16	Emory Blake	WR	6-0	192	7/18/1991	23	1	Auburn	Austin, Tex.	FA-'14
18	Kenny Britt	WR	6-3	223	9/19/1988	25	6	Rutgers	Bayonne, N.J.	UFA(TEN)-'14
13	Chris Givens	WR	6-0	203	12/6/89	24	3	Wake Forest	Wylie, Tex.	D4-'12
83	Brian Quick	WR	6-3	218	6/5/1989	25	4	Appalachian St.	Columbia, S.C.	D2A-'12
TIGHT ENDS (6)										
46	Cory Harkey	TE	6-4	259	6/17/90	23	3	UCLA	Chino Hills, Calif.	FA-'12
48	Justice Cunningham	TE	6-3	258	1/14/1991	23	1	South Carolina	Pageland, S.C.	FA-'14
82	Alex Bayer	TE	6-4	258	11/8/1990	23	R	Bowling Green	Pickerington, Ohio	FA-'14
87	Brad Smelley	TE	6-2	235	4/20/1989	25	1	Alabama	Tuscaloosa, Ala.	FA-'14
88	Lance Kendricks	TE	6-3	250	1/30/88	27	4	Wisconsin	Milwaukee, Wisc.	D2-'11
89	Jared Cook	TE	6-5	254	4/7/1987	27	6	South Carolina	Suwanee, Ga.	UFA(TEN)-'13
OFFENSIVE LINE (15)										
57o	David Wang	C	6-2	308	10/28/1990	24	R	Virginia Tech	Ashburn, Va.	FA-'15
60	Travis Bond	OL	6-6	329	12/10/1990	23	1	North Carolina	Windsor, N.C	FA-'14
61	Tim Barnes	C	6-4	306	5/14/1988	26	3	Missouri	Longwood, Mo.	FA-'11
63	Darrell Williams	T	6-5	301	8/3/1993	21	R	South Florida	Orlando, Fla.	FA-'15
64	Andrew Donnal	T	6-6	316	3/3/1992	23	R	Iowa	Monclova, Ohio	D4-'15
65	Demetrius Rhaney	C	6-2	301	6/22/1992	22	2	Tennessee State	Ft. Lauderdale, Fla.	D7D-'14
66	Steven Baker	T	6-8	329	11/24/1988	25	1	East Carolina	Rocky Mount, N.C.	FA-'14
67	Barrett Jones	C/G	6-4	308	5/25/1990	24	2	Alabama	Germantown, Tenn.	D4-'13
68	Jamon Brown	OL	6-6	323	3/15/1993	23	R	Louisville	Fern Creek, Ky.	D3a-'15
69	Cody Wichmann	G	6-5	319	3/2/1992	23	R	Fresno State	Mariposa, Calif.	D6B-'15
70	Brandon Washington	T	6-2	318	8/13/1988	26	2	Miami (Fla.)	Miami, Fla.	FA-'12
71	Garrett Reynolds	T	6-7	308	7/1/1987	27	7	North Carolina	Knoxville, Tenn.	UFA(DET)-'15
73	Greg Robinson	T	6-5	332	10/21/1992	21	R	Auburn	Thibodaux, La.	D1a-'14
76	Rodger Saffold	T	6-5	332	6/6/1988	27	5	Indiana	Bedford, Ohio	D2-'10
77	Isaiah Battle	T	6-7	290	2/10/1993	22	R	Clemson	Brooklyn, N.Y.	D5(Sup)-'15
79	Rob Havenstein	T	6-8	321	5/13/1992	22	R	Wisconsin	Mount Airy, Md.	D2-'15
DEFENSIVE LINE (13)										
62	Louis Trinca-Pasat	DT	6-1	292	9/7/1991	23	R	Iowa	Chicago, Ill.	FA-'15
63	Matt Longacre	DE	6-3	260	9/21/1991	23	R	Northwest Missouri St.	Omaha, Nebr.	FA-'15
72	Marcus Forston	DT	6-3	305	9/28/1989	25	3	Miami (Fla.)	Miami, Fla.	FA-'15
90	Michael Brockers	DT	6-5	326	12/21/90	24	3	LSU	Houston, Tex.	D1-'11
91	Chris Long	DE	6-3	268	3/28/1985	30	7	Virginia	Charlottesville, Va.	D1-'08
92	Doug Worthington	DT	6-5	318	8/10/1987	27	1	Ohio State	Buffalo, N.Y.	FA-'14
93	Ethan Westbrooks	DT	6-4	267	11/15/1990	23	R	West Texas A&M	Oakland, Calif.	FA-'14
94	Robert Quinn	DE	6-4	264	5/18/90	24	4	North Carolina	Ladson, S.C.	D1-'11
95	William Hayes	DE	6-3	278	5/2/85	28	7	Winston-Salem St.	High Point, N.C.	UFA (TEN)-'12
96	Martin Ifedi	DE	6-3	275	9/4/91	23	R	Memphis	Houston, Tex.	D7B-'15
97	Eugene Sims	DE	6-6	269	3/18/86	29	5	West Texas A&M	Mt. Olive, Miss.	D6B-'10
98	Nick Fairley	DT	6-4	308	1/23/1988	27	5	Auburn	Mobile, Ala.	UFA(DET)-'15
99	Aaron Donald	DT	6-1	285	5/23/1991	23	R	Pittsburgh	Pittsburgh, Pa.	D1b-'14
LINEBACKERS (10)										
50	Cameron Lynch	LB	6-0	229	8/4/1993	21	R	Syracuse	Lawrenceville, Ga.	FA-'15
51	Marshall McFadden	LB	6-1	235	8/4/1986	28	1	South Carolina State	Lamar, S.C.	FA-'14
52	Alec Ogletree	LB	6-2	245	9/25/91	22	2	Georgia	Newnan, Ga.	D1B-'13
53	Daren Bates	LB	5-11	225	11/27/1990	23	2	Auburn	Olive Branch, Miss.	FA-'13
54	Bryce Hager	LB	6-1	235	5/4/1992	22	R	Baylor	Austin, Tex.	D7A-'15
55	James Laurinaitis	LB	6-2	248	12/3/86	28	6	Ohio State	Plymouth, Minn.	D2-'09
56	Akeem Ayers	LB	6-3	255	7/10/1989	25	5	UCLA	Los Angeles, Calif.	UFA(TEN)-'15
57	Keshaun Malone	LB	6-2	260	8/11/1992	22	R	Bacone	Gardenia, Calif.	FA-'15
58	Jo-Lonn Dunbar	LB	6-0	235	3/13/1985	29	7	Boston College	Syracuse, N.Y.	UFA (NO)-'12
59	Korey Toomer	LB	6-2	234	12/9/1988	25	3	Idaho	Las Vegas, Nev.	FA-'14
SECONDARY (17)										
20	Lamarcus Joyner	DB	5-8	184	11/27/1990	23	R	Florida St.	Ft. Lauderdale, Fla.	D2-'14
21	Janoris Jenkins	CB	5-10	198	10/29/88	26	3	North Alabama	Pahokee, Fla.	D2B-'12
22	Trumaine Johnson	CB	6-2	208	1/1/90	25	3	Montana	Stockton, Calif.	D3-'12
23	Rodney McLeod	S	5-10	195	6/23/90	25	3	Virginia	Oxon Hill, Md.	FA-'12
25	T.J. McDonald	S	6-2	217	1/26/91	24	2	USC	Fresno, Calif.	D3A-'13
26	Mark Barron	S	6-2	213	10/27/1989	25	3	Alabama	Mobile, Ala.	T(TB)-'14
31	Maurice Alexander	S	6-1	220	2/16/1991	23	R	Utah State	St. Louis, Mo.	D4-'14
32	Brandon McGee	CB	5-11	193	12/11/1990	23	3	Miami (Fla.)	Plantation, Fla.	D5A-'13
33	E.J. Gaines	CB	5-10	190	2/23/1992	22	R	Missouri	Independence, Mo.	D6a-'14
35	Jay Hughes	SS	5-10	194	11/21/1991	23	R	Mississippi State	Hattiesburg, Miss.	FA-'15
37	Christian Bryant	S	5-9	198	3/21/1992	22	1	Ohio State	Cleveland, Ohio	D7B-'14
38	Cody Davis	S	6-1	206	6/6/1989	23	2	Texas Tech	Stephenville, Tex.	FA-'13
41	Trovon Reed	DB	6-0	190	12/30/1991	24	R	Auburn	Thibodaux, La.	FA-'15
43	Jacob Hagen	SS	6-2	205	3/16/1992	23	R	Liberty	Orange Park, Fla.	FA-'15
45d	Imoan Claiborne	CB	5-10	193	7/20/1992	22	R	Northwestern State (La.)	Alexandria, La.	FA-'15
47	Marcus Roberson	CB	6-0	191	10/4/1992	22	R	Florida	Ft. Lauderdale, Fla.	FA-'14
49	Montell Garner	CB	5-11	188	2/12/1993	22	R	South Alabama	Colleyville, Tex.	FA-'15
SPECIALISTS (5)										
1	Michael Palardy	P/K	5-11	191	7/6/1992	22	1	Tennessee	Coral Springs, Fla.	FA-'15
4	Greg Zuerlein	K	6-0	196	12/27/87	26	3	Missouri Western	Lincoln, Neb.	D6-'12
6	Johnny Hekker	P	6-5	236	2/8/1990	24	3	Oregon State	Bothell, Wash.	FA-'12
44	Jake McQuaide	LS	6-2	244	12/7/87	27	4	Ohio State	Cincinnati, Ohio	FA-'11
84	Tyler Ott	LS	6-3	252	2/28/1992	23	1	Harvard	Tulsa, Okla.	FA-'15



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ST. LOUIS RAMS FEATURE CLIPS

TITLE: Foles fitting in just fine with Rams

BYLINE: Jim Thomas, St. Louis Post Dispatch

DATE: August 3, 2015

Nearly five months since the Sam Bradford trade brought him to St. Louis from Philadelphia, it has been an extended honeymoon for quarterback Nick Foles.

"I love it here," Foles said. "I love the players. I love the coaches. It's a great place to play, and I haven't even played a game here yet."

The feeling evidently is mutual because the Rams are talking about a contract extension for Foles — you know, the guy who has yet to play a game in St. Louis.

"There's some discussion, and that makes sense," coach Jeff Fisher said.

In fact, general manager Les Snead told reporters Thursday that it was "definitely realistic" that an extension could be worked out by the end of the 2015 regular season. On the pecking order of re-signing prospective Rams free agents, it's safe to say that Foles is at the top of the list, probably followed by cornerback Janoris Jenkins.

That doesn't mean anything will get done. Sometimes, if deals don't get done early in camp or before the start of the regular season, they just don't materialize. And in the case of Foles, it's difficult to know his value given the fact he's had only 24 NFL starts and his third year (2014) wasn't nearly as good as his Pro Bowl second year.

For his part, Foles is focused more on reading defenses than dollar signs at this point.

"Honestly, I just zone it out," Foles said. "That's why you hire agents, because my thing here is to be with these guys, to be a player, to be their quarterback. We have to win games."

"We hire agents so that clears the clutter out of our brain. And you know, I trust them to do the job. ... That will take care of itself. I'm just excited to be out playing."

Some players don't like the distraction of contract negotiations once the regular season begins. Foles doesn't sound like that guy.

"It's never been a distraction," he said. "I'm one of those guys that I enjoy playing the game. I know that we're fortunate to play this game, so whatever happens, happens, and we'll go from there."

Foles has had a good start to training camp the first two days, in stark contrast to his first week of OTAs in June — which was just a couple steps shy of a train wreck. At that time, his accuracy was off and the Rams' pass rush was all over him.

But Foles didn't panic or get down on himself. That doesn't seem to be his nature. He just kept working and got better every week. That trend continued Friday on the first day of camp.

"Usually the first couple days of camp you tip your hat toward the defensive side — they have the advantage," Fisher said. "That wasn't the case. Nick did a nice job."

It was more of the same Saturday, although the defense had its moments, including a sparkling interception of Foles by safety Rodney McLeod on an intermediate pass Foles tried to feather into tight end Jared Cook.

Foles has shown good arm strength on out routes, and more than enough arm for deep balls. The emphasis has been on screens and quick throws to a large degree early in camp as the team goes through its offensive installation.

"I feel really comfortable (with the playbook)," Foles said. "A lot more comfortable than I did during OTAs. But that's a daily thing. There's so much to an NFL playbook that you're always adding stuff, you're always critiquing stuff. There's better fundamentals you can do. ... So I'm feeling good, just gotta keep going."

But as was the case in the spring, job No. 1 for Foles is getting to know his teammates. Not just getting in sync with his receivers — which takes time — but establishing his leadership with the squad. A successful quarterback has to have a presence, and Foles set about the business of establishing his presence from his first day at Rams Park.

"It's not like he had been the quarterback for two years, you had a case of first day at school, hello to everybody ... he kind of took charge there," Snead said.



"He's done a nice job building relationships with his partners per se. I think that's the biggest thing I can say about him."

Those relationships still need to be forged. And the Rams have yet to see how Foles reacts under pressure in a game situation or when something goes wrong. But Snead is encouraged by what he's seen so far — Foles knows how to relate to teammates, be they wide receivers or the big guys up front trying to block for him.

"I think that's just his personality," Snead said. "If you knew a little bit about his family, his dad is a restaurateur and really successful but started probably in the kitchen somewhere."

"I'm not going to relate the O-line to the dishwashers of your team, but you know what I mean? Nick kind of fits in the locker room."

And for starters, that's not a bad place to be.

"The way you win games is you're a family," Foles said. "That's it. It's as simple as that."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Foles already vocal leader for Rams

BYLINE: Jim Thomas, St. Louis Post Dispatch

DATE: June 7, 2015

Before he wins any football games, Nick Foles must first win over the locker room. Less than three months after the surprise trade that brought him here from Philadelphia, that process is well underway at Rams Park.

"He's very boisterous, very up-tempo," offensive guard Rodger Saffold said. "Seems to be really excited about every day, about every opportunity. Which is really good."

"He really likes to lift guys. So you see him a lot in the locker room. You hear him a lot on the field. Those are good things to get from your quarterback. He's very inspiring. That's a good thing for us, especially with so many young guys. They need that."

At first blush, it's a different personality than predecessor Sam Bradford. Bradford began his pro career respectful of running back Steven Jackson's status as the undisputed team leader. But Bradford was more low-key, and even after Jackson left the coaching staff encouraged him to exert more of a leadership role.

Apparently, Foles needs no nudging in that direction.

"That chemistry's been great from Day 1, since he's been in here," wide receiver Kenny Britt said of Foles. "He's been one of the guys that goes in the locker room and pumps people up. If you're down, he's the first one (to say): 'Hey c'mon. We've gotta go right now.' To tell you the truth, it's kind of exciting to see him in there."

Foles is smart enough to realize that's a key part of his job in St. Louis, as important as learning the playbook or making throws on the field.

"Absolutely," Foles said. "The way we're going to be successful on Sunday is the relationships. Come the fourth quarter, we have to know each other. We have to care about each other. That's where you stick together through adversity."

"So just getting to know the guys in the workouts, in the film room, in the training room — whatever we do — is a key part of it."

Britt hopes the "whatever we do" element of Foles' relationship-building effort expands to include taking the wide receivers out to dinner.

"I asked him: 'Hey bro, we've got to get something going right now. We'll go to Five Guys. It doesn't matter to me,'" Britt said, laughing.

After three seasons and one Pro Bowl in Philadelphia, Foles was as surprised as anyone by the March 10 trade that sent him to St. Louis and Bradford to Philly. Shocked might be a better word.

"Yeah, I did not expect a trade, and that's the truth," Foles said. "But that was the realization. Once I started talking to Coach (Jeff) Fisher I was excited to get to know him because that's where my life was taking me. I enjoyed my time in Philadelphia. I was there for three years, I built a lot of relationships."

But now it's time to build new relationships and embrace a new opportunity to be a starter.

"Nick's been great, not only in the team stuff but in the individual days with the receivers and everybody," Fisher said. "He's taken charge."

Fisher said Foles has gone out of his way to meet everybody from the day he walked in the door of the team facility in Earth City.

"Everything that we heard is true, and I'm sure we're gonna be surprised as we move ahead with him because we've been really pleased," Fisher said.

For now, Foles has a lot on his plate.

"He's got a good feel for our offense right now," Fisher said. "He's got his hands full because we have great defensive team speed, and they're doing a lot of thing over there right now."



That, in a nutshell, encapsulated Foles' first week of organized team activities as a Ram. During the two days of practices open to the media, Thursday and Friday, Foles was under frequent pressure from the pass rush.

Even with spring football's league-mandated limitations — namely, no pads and nothing close to full contact — the defensive press made it difficult for Foles to operate at times. The result was hurried throws, and even several throwaways.

All of which has been compounded by the fact that he's working behind a very young offensive line, one missing starting left tackle Greg Robinson (toe) and starting left guard Saffold (shoulder). Both are continuing their rehab work from offseason surgery, and both are sitting out 11-on-11 work at this time.

As a result, Foles is working behind two rookies — right guard Jamon Brown and right tackle Rob Havenstein — with the first unit. Three players have been rotating at center: Barrett Jones, Demetrius Rhane and Tim Barnes.

Brandon Washington, who's spent most of his time with the Rams on the practice squad, has been the first-team left tackle in place of Robinson. Free-agent pickup Garrett Reynolds has been the starting left guard in place of Saffold.

"They're going to do a great job," Foles said speaking specifically of the rookies. "I remember my rookie year and what's it's like during these OTA's. This is really the foundation. You're going to have those growing pains. They're doing a great job right now learning, getting reps, and they're going against a pretty darn good defensive front."

As he learns the playbook, his teammates, and his coaching staff, Foles is getting reacquainted with operating under center, something foreign to him in the up-tempo Philly offense of Eagles coach Chip Kelly.

"It's a different offense, but I'm loving the offense," Foles said. "We're gonna have different terminology, different things going on, but that's the fun of it. I get to learn more football."

A big part of learning his teammates includes learning his receivers. Communication is key.

"What they see on the routes, how they're gonna run their routes, what they see in the defenders," Foles said. "When I see my receivers run routes, I can tell who's good at what. So then you get an idea where to throw the ball to different guys."

"The receivers have been awesome. They're buying in. They're working hard, and they're going to make some plays."

But for Foles and the offense, the process has just begun.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams DEs Chris Long, William Hayes confront homelessness in St. Louis

BYLINE: By Elizabeth Merrill, ESPN Senior Writer

DATE: July 20, 2015

THE IDEA WAS hatched as the St. Louis Rams' team bus inched through a rugged part of downtown St. Louis, and, like many of the plans William Hayes and Chris Long come up with, it wasn't taken very seriously. Hayes and Long are the team's jokesters, bantering about everything from the existence of mermaids to opening a plus-size yoga studio.

But this conversation was different. From their comfortable seats in the bus, they saw homeless people on the streets, and Hayes turned to Long and asked him if he thought they could handle living like that. Hayes had been moved by the plight of the homeless since his days in Tennessee when he befriended a man who panhandled near the Titans' practice facility. On the Rams' bus, Hayes told Long he wanted to experience what it was like to be homeless and asked if Long would join him.

They'd turn in their cell phones and credit cards and wander the streets in sub-40-degree temperatures with no place to go. Long, one of the NFL's deep thinkers, gave Hayes a funny look at first, but then he said yes.

"I wasn't going to let him do that alone," Long says. "I'm sure he wouldn't let me, either."

THEY ARE BEST friends with little in common, aside from the fact that they are both enormous 30-year-old men who play defensive end. Chris Long has never wanted for anything. His mother is a retired lawyer and his father is Howie Long, a Hall of Fame defensive end. Shortly after Howie's career ended, he moved his family from Los Angeles to a 65-acre spread in Virginia because they had the means to live anywhere, and this seemed the most peaceful place to settle in. Chris inherited many of his father's athletic gifts, dominated in college at the University of Virginia, and was picked second overall in the 2008 draft.

Hayes wasn't invited to the NFL combine back in '08, and it was a surprise when the Titans selected the unknown lineman from Winston-Salem State in the fourth round. As his parents scrimped to stay afloat, his childhood was full of nos: No, he couldn't have the toy he wanted, and no, this bill couldn't be paid on time. But Hayes had a roof over his head and food in his belly. He was happy. He was showered with love, and never felt as if he was missing anything. It wasn't until Hayes was older that he realized how much his family really struggled.

The thing Hayes loved most about Long is that he never acted like a guy who had everything. "Treat the bellman the same as you treat the president of the United States," Howie Long used to tell his three boys, hoping that privilege wouldn't affect the way they acted toward others.

Long's mom, Diane, always called her son an old soul. He has a bucket list, climbed Mount Kilimanjaro, and started a project to help provide clean water to the underprivileged in east Africa. He has always seen the world differently. But he had no clue what kind of challenges the homeless face.

For the past several years, the Rams' defensive line has donated \$1,000 for every sack to the St. Patrick Center, a local homeless resource. Long had never visited the center.

Meanwhile, Hayes became a regular. He took a group of teenagers to the movies and played bingo at the Rosati Group Home, St. Patrick's mental illness facility. This spring, Hayes treated about 15 homeless people to a meal at Golden Corral, an all-you-can-eat buffet.

"I'm telling you, you'd thought they'd died and went to heaven," says Judson Bliss, chief program officer at St. Patrick. "It's very rare for these folks, so it was very special."

"We have a lot of people who give money to us, and that's a good thing. But I think a lot of these social problems that we have, with homelessness and the violence, what it really does take is people being involved in other people's lives. That's what makes a difference."

HAYES IS SO entertaining that some say he deserves his own reality show, and, sure enough, this had all the makings for prime-time television. Long and Hayes wore makeup, hats and second-hand clothing to avoid being recognized. They were followed around by hidden ESPN cameras and were flanked by an off-duty police officer in case they ran into trouble.

Many of these details were hammered out by Nicole Woodie, the Rams' community outreach manager. Woodie went to several thrift stores in search of clothes big enough to fit 270- and 280-pound bodies. She then distressed the clothes to



make them look more lived-in, adding dirt and holes.

Long and Hayes took to the streets on the afternoon of March 22, Hayes in floodwater pants too short for his long legs; Long with penciled-in wrinkles around his eyes. Though the forecast called for a fairly mild evening, the temperature dropped into the 30s. Between them, Long and Hayes had \$8 in their pockets.

Surprisingly, neither one was recognized, even when they panhandled for money to buy hamburgers just outside the Edward Jones Dome, their home on Sundays. When night fell, they searched for a place to sleep. Long and Hayes found warmth from a fire in a barrel, but were quickly chased off by a scruffy middle-aged man who said they were trespassing on his space.

They came upon an empty box truck and slept in the back. It provided little warmth, and Hayes couldn't sleep.

"I wasn't scared," he says, "but it was more so the idea of not knowing the next move. I'm trying to close my eyes. We have a security guard with us, but he was like, 'If somebody really wanted to come in here to lift this thing up to shoot all of us and rob us, they could easily do it.'"

"Basically, I'm trying to sleep, but I'm trying to figure out what's going to be my next move in the morning. When you get up, it's like, gosh, we've got nowhere to go."

They awoke just after 5 a.m. It rained that morning, and Long said he was glad they were able to experience the elements. Hayes wasn't so enthusiastic. Their experiment lasted about 24 hours. Then they hopped in a van and toured the places they'd gone the day before. When they reached the abandoned warehouse where they'd gone to warm up near the fire, they came upon the man who ran them off the night before. His name is Marty.

Marty ran his own construction business once, but then he split up with his wife, got some DWIs and couldn't get his driver's license back. His life unraveled, and he wound up in the warehouse along with a homeless woman named Nancy, whom he was trying to protect.

Hayes and Long were so moved by Marty's story that they decided to put him and Nancy up in an extended-stay hotel for two months. When Woodie came by to pick them up a couple of days later, Marty was surprised. He said he didn't think anyone would come back. So many times in their lives, nobody came back.

"It's something intangible," Woodie says. "It's like someone believes in them and has hope in them."

"We want this to be the moment that changes their lives forever. We hope that's the case. We also know it might not be."

Hayes and Long bought disposable cell phones for Marty and Nancy and paid for groceries and bus passes.

Marty found a job in construction recently; Nancy received help through outreach support. But it's far more complicated than that. The issues that put them on the streets for years can't be fixed in two months.

Hayes is "absolutely" worried about them, he says. "I can't change the world. They could relapse."

"With Marty, I see he wants to make a difference. I feel like he was getting tired of the lifestyle he was living."

WHEN HAYES CAME up with the idea for this experiment, he did not want cameras following him and Long. He didn't want to make it look like he was grandstanding or being fake. But both Woodie and the St. Patrick Center encouraged him to use his platform to raise awareness of homelessness.

Both Hayes and Long say the experience changed their lives. Hayes hated the way people stared at him as he walked the streets, judging him by the way he looked. Long used to look the other way when he saw a homeless person. He'd write checks to the St. Patrick Center, but for a long time, he says, the people there were just faceless recipients of his good fortune. Long made his first trip to the facility right after his night on the streets, and promised he'd be back.

"We don't understand," Long says. "We weren't hoping to understand. We were just hoping to gain a little perspective and put kind of a feeling with the cause that we had been [donating to] from a distance the last couple of years."

Long went home that night, rested his head on a pillow in his apartment and stared at the ceiling. He felt warm and lucky, but not quite comfortable. He hopes that feeling lasts.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams DE Robert Quinn aiming to get back to great

BYLINE: By Nick Wagoner, ESPN.com

DATE: August 6, 2015

To hear St. Louis Rams defensive end Robert Quinn tell it, his 2014 season was a borderline disappointment.

Yes, a season in which Quinn finished with 46 tackles, 10½ sacks and five forced fumbles on his way to a second consecutive Pro Bowl berth simply wasn't good enough for the Rams' best player.

When you consider the context in which Quinn places the season, it's much easier to understand why he wasn't exactly thrilled with his production.

"You're never really satisfied," Quinn said. "Yeah, it's great to make a Pro Bowl but, I mean, I set my bar extremely high. Ten-and-a-half [sacks] is a good season, but I want great seasons every year I'm here."

In other words, Quinn became a victim of his own success. In 2013, Quinn emerged as one of the most dominant players in the NFL, regardless of position. He won the Pro Football Writers of America's Defensive Player of the Year award after recording 57 tackles, 19 sacks, seven forced fumbles and two fumble recoveries.

The breakthrough season earned Quinn a new six-year, \$65.6 million deal, which he signed just before the team's Week 2 matchup against the Tampa Bay Buccaneers. But as the numbers in Quinn's bank account rose considerably, the numbers in the sack column dwindled.

A Rams pass rush that many thought would be among the best in the league registered only one quarterback takedown in the first five games, an NFL record for futility to open the season since sacks became an official statistic. Quinn went without a sack for the first five games, his longest streak without a sack since he entered the league in 2011.

"That's something I have got to push myself to start faster, do whatever I can to figure it out," Quinn said. "Maybe get 20 [sacks] or whatever the number may be. I just set my bar so high; that way I can constantly continue to reach and if I reach it. I guess I have to push myself a little bit more. I wasn't satisfied, but I guess you can look at it as not bad to make a Pro Bowl."

Quinn got rolling as the 2014 season progressed, posting those 10½ sacks in the team's final 11 games, including six in four weeks from Week 7 to Week 10. It was no coincidence that Quinn and the rest of the pass rush surged as soon as rookie defensive tackle Aaron Donald joined the starting lineup.

With Donald now entrenched next to him and Chris Long returning at full strength, Quinn shouldn't want for one-on-one pass rush opportunities. That should help his cause, but that doesn't mean Quinn is counting on others to create more opportunities for him.

That's why Quinn is spending this training camp looking for ways to bolster his game and add new tricks to his bag.

"[You have to] constantly work your craft," Quinn said. "I know that's a simple answer, but you have got to constantly work your craft day in, day out. D-line technique really doesn't change that much for the most part, and constantly working on get-off, hand drills, playing the run, all that type of stuff, you just constantly work that and don't get too comfortable or too bored with doing repetitive stuff. The D-line, we repeat a lot, but that's part of our jobs."

Quinn declined the chance to offer some in-depth explanations on what he's hoping to add to his pass-rushing arsenal, but after some coaxing, he did mention his desire to add a power rush to his array of speed moves. Now entering his fifth season, Quinn believes there's plenty of ways for him to improve.

"If you can't learn anymore, I guess it's time to get out of the game," Quinn said. "So you constantly are trying to add something to your tool belt. Where O-linemen, for me it's just if they know what you are about to do, you throw a curveball at them and now he's on his heels. You are always trying to add something to your game, not trying to change your game completely, but add something to it to make it better. Each day you come out, try to do something a little bit different that, 'They've never seen this before,' so I'm going to work this for the week or whatever. You can't get too comfortable with what you are able to do now."

Especially when being good simply isn't, well, good enough.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Three-way battle for starting center in Rams camp

BYLINE: By Jim Thomas, St. Louis Post-Dispatch

DATE: August 4, 2015

Tim Barnes is the safe choice in some ways for the Rams. Although he's not brimming with experience, this is his fifth NFL training camp and he has gotten bigger and stronger over the years.

The University of Missouri product has appeared in 45 regular-season games and has made four starts — which is four more than anybody else competing for the starting center job at Rams Park.

Barrett Jones might be the slight favorite for the job early in training camp. He was highly decorated in college, at Alabama. And the team did invest a fourth-round draft pick in him two years ago.

Injuries have marred Jones' first two NFL seasons, limiting him to 10 games and just a couple of dozen snaps from scrimmage at center. But he's healthy now, a smart player who knows what it takes to play the position.

And behind Door No. 3 is Demetrius Rhaney, forever the answer to the trivia question: Who did the Rams draft immediately after Michael Sam in 2014, with the second of back-to-back picks late in the seventh round?

Rhaney, who played at Tennessee State, is quick and athletic. The Rams would like him to get bigger and stronger, but they like his potential. He suffered a season-ending knee injury last August in training camp and spent the year on injured reserve.

With the offseason release of veteran Scott Wells, the starting center when healthy the past three seasons, the job is wide open. Coach Jeff Fisher and offensive line coach Paul Boudreau are in no hurry to make a decision.

"I'm not going to put a date on it or a deadline on it," Fisher said. "I think it's important when you're in these situations that you don't overwork any of them. We're going to rotate them and give them the reps. ... When we feel comfortable with it and make a decision, we'll let you know."

As was the case during practices in June, the trio of center prospects has been rotating with the starting offense on a practice-by-practice basis. With the start of training camp this year, Barnes worked with the starters Friday, followed by Jones (Saturday) and Rhaney (Sunday).

After a special teams practice Monday, the rotation began anew Tuesday with Barnes working with the starters.

None of the centers has been told how the rotation will be divvied up, or how much playing time they'll get once the exhibition games start.

All expect that it will take most if not all of the preseason before a decision is reached.

For his part, Barnes doesn't read much into the fact that he was the starter to begin the rotation.

"Not really," he said. "It's one of those things that they've been adamant from day one that it's an open competition. Equal everything. I'm just trying to come out here and play the best I can. Do my best in the film room. Help the other guys involved."

After entering the NFL as an undrafted free agent with Baltimore in 2011, Barnes (6 feet 4, 306 pounds) has had to scrap every step of the way. He has sweated out the final cuts every year. And even with the opportunity he has this season, he is taking nothing for granted.

"You go out here and you're always fighting for the job," Barnes said. "I like to do things the hard way, apparently."

Jones, meanwhile, is healthy, fit, and hopeful that his injury problems are behind him.

"I feel good," he said. "Same broken record. I'm ready. I'm excited. It's finally here, and I'm happy to be out there competing."



Jones (6-4, 308) put in the work in the weight room over the offseason and said he has dropped 3 percent in body fat. Although his playing time has been scant in the regular season, Jones has a good feel for the offense and the line-calls a center needs to make during a game.

"It's the same O-line coach, and it's a very similar system (under new offensive coordinator Frank Cignetti)," Jones said. "So I definitely have a lot of comfort being in the system now my third year. I feel like I've learned a lot from year one. I think I've adjusted pretty well to the speed of the game."

As for Rhaney, he suffered his injury while getting bull-rushed blocking on the Rams' extra point unit in practice last August. He suffered a hyper-extended knee, and in the process Rhaney said his tibia and fibula bones "banged together," resulting in a fracture.

There was no ligament damage and no surgery. But Rhaney had to use crutches as the injury healed.

At the time, as a seventh-rounder, he was worried the team might try to reach an injury settlement and release him right then and there.

"Yeah, I was," he said. "But they've got some faith in me. I've got faith in myself, and I'm gonna make it happen."

Once the leg healed, Rhaney concentrated on getting stronger and got his bench press up over 400 pounds. Listed at 6-2, 301, he's shorter than the other two center competitors. But he plays with good leverage.

Things can be tense in such competitions. And sometimes teammates won't be as helpful or friendly when it comes to winning jobs. But this one has been more than civil so far.

"I think you've just got to be professional about it," Jones said. "It's not hard for me. You have to ask each guy, but I know I'm really close to those two guys. I've known Timmy for a few years now, so I'm real close with him."

"One thing that I think is really mature about it, is we all help each other out. There's no kind of sabotage, or you want another guy to mess up. We all root each other on and encourage each other because at the end of the day — yeah, we want to make the team obviously (and start) — but we want the team to succeed."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams hope Todd Gurley, their back of the future, can be blast from past

BYLINE: By Nick Wagoner, ESPN

DATE: May 14, 2015

EARTH CITY, Mo. -- In many ways, the scarcity of jersey number options for Todd Gurley tells the story of how he ended up with the St. Louis Rams.

Gurley wore No. 3 at the University of Georgia and was disappointed to learn that isn't an option for NFL running backs. So the Rams' equipment staff presented him with his choices.

Something in the 40s?

"It's just not my swag," Gurley said. "No disrespect to anyone with the 40s."

How about No. 39, which belonged to Steven Jackson for nine years, during which time he became the Rams' leading rusher?

"I'm definitely not going to touch that," Gurley said. "I respect him. I wouldn't do that."

Gurley also had no shot at Nos. 28 or 29, the retired numbers of Hall of Fame Rams backs Marshall Faulk and Eric Dickerson.

It's in those numbers that one can see a tradition of featured running backs creating a legacy with the Rams. Add staunch running-game supporter Jeff Fisher as head coach and it shouldn't have come as much of a surprise that the Rams used the 10th overall pick to draft a highly touted back -- albeit one coming off a torn left anterior cruciate ligament.

When the Rams made Gurley the first running back selected in the first round since 2012, they breathed life into a position that has been devalued in the draft and free-agent market in recent years.

"It's fitting that Coach Fish is the guy who kind of, he saved the running back, brought him back to the first round," Rams general manager Les Snead said of Fisher, who coached prolific backs Eddie George and Chris Johnson with the Tennessee Titans.

It's perhaps more fitting that the Rams were the team to "save the running back."

Long the face of the franchise and the offense, Jackson spent one season as Fisher's primary back in St. Louis before the sides agreed to part ways. Jackson left for Atlanta in 2013, in search of a chance to win. The Rams, meanwhile, sought to transition to more of a timeshare to make Fisher's preferred running game work.

As it turned out, neither side got what it wanted.

The Rams used combinations that featured Zac Stacy and Tre Mason as the primary ball carriers over the next two seasons. Neither cracked 1,000 rushing yards, something Jackson had done in eight consecutive seasons.

While the Rams continued to search for their next Jackson, Faulk or Dickerson, the Falcons released Jackson in February after missing the playoffs for two consecutive seasons. Soon after, Jackson took it upon himself to hold the fort in defense of every-down running backs. He launched a video campaign with humorous undertones but a message that's serious to him.

When Snead referred to Fisher as "saving the running back," it was no doubt a nod to Jackson's viral video campaign.

The symmetry in it all is impossible to ignore.

"It is quite funny, here I am leading the way and the Rams are looking to recommit to a franchise running back," Jackson, who is currently unsigned, said one week after the draft. "I think when you see a guy that is very talented, no matter what position he plays, I think you ought to treat him as that special guy and not just put him in the box of 'This is the way business is handled and the way we want to structure how we pay guys.'"



On that, Fisher and Jackson would seem to agree. In Fisher's two decades as a head coach, his best teams have had an unmistakable identity: The defense was physical and the offense was powered by the running game.

Between Tennessee and St. Louis, Fisher-led teams have had six winning seasons. In those six years, only quarterback Steve McNair's 2003 MVP season sits as an outlier from the run-first approach. In four of those years, the Titans finished in the top five in total rushing attempts. Fisher has had three 13-win seasons (1999, 2000, 2008), all of which featured a back among the NFL's top eight rushers.

The move to add the 6-foot-1, 222-pound Gurley comes after three seasons in St. Louis when plenty of lip service was paid to building a power running game, but results haven't followed.

Under Fisher, the Rams have averaged 106.3 rushing yards per game and 4.1 yards per carry, ranking 19th and 17th in the league, during those three years.

For a team looking to build a physically dominant personality, those numbers simply aren't good enough.

As a coach who already believed in the value of a special talent at running back, Fisher had no trouble offering another affirmation with his team's first-round pick.

"You can't ever say that running backs have no value," Fisher said in the days that followed the draft. "We showed that last weekend. We've shown that in the past. This organization has shown that. We place a premium on that position."

Whether the Rams or Gurley truly have "saved" the running back will only be determined by time, but at least it's a start.

Soon after the Rams drafted Gurley, Jackson tweeted his approval, Gurley chatted with Dickerson via phone and George was one of the first people to text congratulations to Fisher. The coach even acknowledged that he views Gurley as his new George, the foundation of his offense for years to come.

Fair or not, the onus now falls on Gurley and San Diego's Melvin Gordon to perform to the level of their lofty draft status.

"They have to understand there's a lot of weight on their shoulders because of the state of the NFL and because it is such a passing league right now," Jackson said. "If guys don't perform in the first round, it will become even worse for where guys go."

After much contemplation, Gurley finally settled on No. 30 after the Rams traded Stacy to the New York Jets for a seventh-round pick. Now it's Gurley's job to carve a new path for the next generation of running backs to follow, and to make his new number the next in a long line of meaningful digits in Rams history.

"It's just a good feeling, more of like a personal pride standpoint just to be the first running back taken [in the first round] since 2012," Gurley said. "It makes everybody else, running backs around the world, [see] that we didn't disappear. We're not extinct. Not extinct at all."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Donald Working to Improve in Year 2

BYLINE: By Myles Simmons, Rams Insider

DATE: June 9, 2015

Defensive tackle Aaron Donald made plenty of waves last year when he burst on the scene as a rookie. The Pitt product looked poised to have a special season from his first game when he took down Vikings running back Adrian Peterson for a 6-yard loss, and that potential was realized as he finished 2014 leading all first-year players with 9.0 sacks in addition to his 17.0 tackles for loss.

That's an excellent season for any defensive tackle -- let alone a rookie who moved into the starting lineup Week 6 against the 49ers. And the national media recognized Donald's prowess by bestowing him both the Pro Football Writers of America and Associated Press Defensive Rookie of the Year awards.

"He was kind of a ready-made star," said fellow defensive lineman Chris Long.

Despite the numerous accolades the defensive tackle has racked up going back to his college days as a Panther, Donald remains relentless in his desire to improve. He said in an interview with stlouisrams.com on Tuesday that in addition to his work in the weight room, he spent a lot of time in the offseason studying both his good and bad film from his DROY season.

"I learned a lot about myself from what I did last year," Donald said, adding that he wants to get better at his overall game, from pass rushing to stopping the run.

Donald's teammates and coaches have long extolled his on-field performance, with defensive coordinator Gregg Williams saying last season that one of his goals as a coach was to not disturb the DTs already stellar instincts. That's a sentiment Long echoed on Tuesday, saying that Donald really has no need to grow.

"For my dollar, he's the best D-tackle in football as far as rushing the passer and being disruptive. He was like that Day 1 when he got here," Long said. "He just needs to stay at the same level and keep honing his skills."

If Donald is to improve as he expects to, one factor will be working with Williams as his coordinator for a second season. The defensive tackle said the continuity aids in knowing expectations for both the coach and players.

"At the same time you learn what he wants, he learns how you play and can go off that," Donald said. "So you want to build a relationship and have that chemistry with a coach."

"You get a lot more comfortable," Donald continued, "and I think you play a little bit faster because there's a lot of stuff we've got, in terms of different schemes and the playbook."

The continuity extends through Donald's defensive teammates, as all 11 of the Rams' regular starters -- and many of the team's rotation players -- from 2014 remain with the club.

"I think we had a solid year last year, but we're expecting bigger things from us this year," Donald said. "We have a better feel for how each other plays out there, so I'm just excited about this upcoming year."

And so as the Rams continue OTAs through next week, the reigning Defensive Rookie of the Year is looking forward to a significantly improved 2015. Look out, NFL.

"Last year was just the beginning," Donald said. "It's the start of something to build off of."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Ayers Calls Rams a Good Fit for Him

BYLINE: Jim Thomas, St. Louis Post-Dispatch

DATE: June 18, 2015

Akeem Ayers spent half of his 2014 season with the Tennessee Titans, a team that would finish 2-14.

Following a late October trade, he spent the rest of the season with a team that went on to win the Super Bowl — the New England Patriots.

“So I’ve been from the bottom to the top,” said Ayers, the Rams’ new starting outside linebacker. “I really have a good view on how a team does it right. How it looks, how they prepare, and how they work.”

He plans to bring some of that understanding and advice to St. Louis — not to mention the Patriots’ gaudy Super Bowl XLIX championship ring he picked up Sunday at festivities in Foxborough, Mass.

“I think that’s some good motivation, somebody who you’re playing with who just recently won a Super Bowl and a young guy,” said Ayers, who turns 26 next month. “I think everybody would love to see (the ring) and just get some motivation.”

As coach Jeff Fisher sees it, all that will come in time. Right now, Fisher’s more interested in seeing sacks and tackles from Ayers than Super Bowl bling.

“I don’t think he’s gonna stand up and say anything about it now,” Fisher said. “But we’re all happy for anyone that comes in the building that’s had that (Super Bowl) experience. I think in time it would be beneficial, but we’ll let him choose that time.”

If nothing else, Ayers’ experience in 2014, when he went from being unwanted and unused by one of the league’s worst teams to being a valuable role player with the eventual NFL champions, showed how small the margin is between winning and losing at this level.

“Everybody has the talent,” Ayers said. “It’s just the teams who put the extra work in. I think it’s more of the film study and just having a smart team. When you have a smart team and you have a team that plays with a lot of confidence, that’s the biggest thing.”

Drafted in the second round (No. 39 overall) by the Titans out of UCLA in 2011, Ayers played in all 48 games with 43 starts during his first three seasons in Tennessee. But a coaching staff change after the ’13 season and patellar tendon operations on both knees doomed him in Tennessee last season.

Ayers wasn’t able to participate in practice until the start of training camp, so new coach Ken Whisenhunt and his staff really didn’t know first-hand what Ayers could do.

“New defensive coaching staff,” Ayers said. “New scheme — we switched to a 3-4 that year. I pretty much had a late start, and I guess they didn’t have time to wait. But it ended up working out.”

Ayers played in only two of the Titans’ first seven games before the trade last Oct. 21 that sent him to New England.

“I was excited just to get out of there period, honestly,” Ayers said. “I’d seen where it was going early on, and I requested a trade early on in the season.”

At the time he was traded to New England, Ayers was not only back to full health but back in football shape. He clicked almost immediately with the Patriots, registering sacks in three of his first four games there. He appeared in all nine regular-season games for New England, including four starts, and finished with four sacks and an interception.

Ayers became expendable this offseason when the Patriots signed Jaball Sheard in free agency, but he’s thankful for the opportunity that revived his career in New England.

“It was great,” Ayers said. “I learned a lot in my short time there.”

St. Louis was his one and only visit in free agency, and he ended up signing a two-year deal that includes \$2.75 million in



guaranteed money and can max out at \$9.2 million if all incentives are met.

"After I came here, it really was a no-brainer for me," Ayers said. "I feel like this defense is something I can thrive in."

His position coach with the Rams, Frank Bush, was his linebackers coach in Tennessee in 2011 and '12. And Rams defensive coordinator Gregg Williams was a senior defensive assistant for the Titans in 2013. That familiarity helped Ayers make his decision.

"(Bush) really helped me make that jump from my first year to my second year," Ayers said.

In that 2012 season, Bush registered career highs in tackles (104) and sacks (six), while also coming up with an interception and eight pass breakups.

Ayers is expected to start ahead of Jo-Lonn Dunbar at strong side linebacker, adding yet another talented pass-rusher to the group.

"Akeem in Tennessee played behind the (line) and he rushed and he did everything," Fisher said. "Then at New England he primarily was a rusher. Did some dropping (in coverage) but was primarily a rusher."

"He's got the ability, and as you know, in our defense our linebackers are blitzers and they rush. So he's got the ability to do both. He's a big man and he runs well. He's smart and he strong, so I think he fits."

And he's got the ring to show he's won at the highest level.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Kenny Britt wants to move past six-year 'letdown'

BYLINE: Nick Wagoner, ESPN.com

DATE: June 8, 2015

Kenny Britt led the team in receiving yards in 2014 and became the first Rams wideout to surpass 700 receiving yards since Torry Holt in 2008.

It was a solid, if unspectacular first go with the Rams, but it was at least better than what the team has gotten from any of its pass catchers since Holt's departure. It also wasn't the first time that Britt had ventured into the 50-catch, 700-yard range.

To hear Britt tell it, however, it was just the latest in a series of disappointing seasons.

"There's definitely more I feel like I can give because there's more that I want to give and there's more that I want to do in my career," Britt said. "I'm going into my seventh year, I feel I let myself down the last six years. I have a chip on my shoulder this year and I've got a lot to prove."

Last season was Britt's first in St. Louis after spending his first five years with the Tennessee Titans but it wasn't his first playing for coach Jeff Fisher. Fisher is the coach who drafted Britt in Tennessee and the coach under whom Britt has undoubtedly had his most success in the league.

That's why, when Britt hit free agency after his one-year, "prove it" contract with the Rams expired, he had no designs on going anywhere else. Even though Britt didn't sign a new two-year deal with the Rams until a few days into free agency, he said he never really considered any outside offers despite some interest.

"Not in my mind, not in my family's mind or my wife's mind," Britt said. "I know where I wanted to be all along coming into the season."

And with good reason. Although Britt sounds wholly unsatisfied by his production to this point in his career, his drop off when he hasn't played for a Fisher-led team versus what he has done with Fisher at the helm is striking.

Britt's healthiest and most productive years have come under Fisher's guidance. In three seasons with Fisher, Britt averaged 741.3 yards, 44 receptions and five touchdowns while missing four of a possible 48 games. In three seasons without Fisher, Britt averaged 324.7 yards, 24.3 catches and 2.3 touchdowns while missing 19 of a possible 48 games.

Fisher has a reputation as a player's coach and knows when to ask for more and when to allow for breaks. That helps keep players healthy. Near the end of last season, Britt was one of the veterans Fisher allowed to take a day or two off in practice each week so he could be ready to go on Sundays.

According to Britt, that's just part of the appeal of returning to Fisher and St. Louis.

"There's definitely something to that," Britt said. "Fisher is a coach that lets you be yourself on the field and off the field. He treats you like a man instead of a child. He lets the coaches coach and he lets the players do the plays on the field and off the field. That's something you can be comfortable is being yourself instead of being uptight and watching what you have to say or what you have to do. I'm definitely more relaxed. And when you're more relaxed, you play better."

The question then becomes just how much better Britt can be. The reality is that the Rams offense probably isn't going to offer a chance for Britt or any of the team's pass catchers to put up the type of numbers that other top receivers around the league do in more pass-happy offenses.

Last week, Britt offered glowing praise for new quarterback Nick Foles and made it clear that the receivers are building a strong rapport with him. But even if that takes shape, if the Rams' running game takes off how they envision, there simply might not be much leeway for Britt to improve upon his 2014 production.

One way it could happen is to have Foles connect on more deep balls. Rams passers targeted Britt on throws traveling 20 or more yards in the air 25 times in 2014 but only connected 10 times. On a number of those incompletions, quarterbacks Shaun Hill and Austin Davis simply misfired with an open Britt running down the field.

Although Britt is entering his seventh season in the league, he's only 26, which means there could be more room for growth. He also seems to be as healthy as he has been in years, playing in all 16 games last year for the first time since his rookie season in 2009.

"I think every year I have more," Britt said. "I always say I have more. I don't want to leave this season saying I left something out there on the field."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams notes: TE Cook excited about upcoming season

BYLINE: By Joe Lyons, St. Louis Post-Dispatch

DATE: August 7, 2015

In his seventh NFL training camp, Rams tight end Jared Cook has never felt better about an upcoming season.

"I'm always excited at this time of year, but this is definitely the most excited I've been in my career," Cook said. "I think we're putting all the pieces together to play a good game each and every Sunday and I'm really excited about that.

"Everything just feels right. This is by far the most confidence I've had going into a season. It's probably the best team I've been a part of. Now, it's just a matter of putting everything together and getting things done on the field."

Following a stellar career at the University of South Carolina, Cook was drafted in the third round in 2009 by the Tennessee Titans. After four seasons there, he signed as a free agent with the Rams before the 2013 season.

Largely because of the five-year, \$35 million deal he signed, Cook has been criticized by some during his time with the Rams. But the 6-foot-5, 254-pounder has been productive, leading the team in receptions both years. In 2013, he caught 51 passes for 671 yards and five touchdowns and followed up last fall with 52 catches for 634 yards and three scores.

"Things are coming together pretty well," said Cook, 28. "But we're never satisfied. No matter what, there's always more work to do."

For Cook, the focus in this year's camp has been working to get on the same page with new quarterback Nick Foles. The two seem to be hitting it off, especially in red-zone drills through the first couple of weeks of camp.

"It's about building a rapport with your quarterback, making sure he knows where you're going to be," Cook said. "He's a hooper, a former hooper, so he's used to throwing alleys (alley-oops), so that might have something to do with it. Like everybody, we're just working to get better. Myself, I've been doing a lot of one-on-one work with Kenan Smith, our new assistant tight ends coach, both pre- and post-practice."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Greg Robinson expecting big improvement in second season

BYLINE: By Nick Wagoner, ESPN

DATE: June 10, 2015

Surrounded by a group of offensive linemen that includes four rookies taken in this year's NFL draft, second-year offensive tackle Greg Robinson finds himself in something of a strange position.

After the St. Louis Rams opted for a nearly complete makeover of their offensive line in the offseason, Robinson is now the second-most experienced projected starter on the line. This time last year, Robinson was attaching himself to the likes of Jake Long, Rodger Saffold and Joe Barksdale in an effort to get up to speed as fast as possible.

A year later, Robinson is the player the rookie linemen are turning to for answers.

"Last year, I was the one asking the questions," Robinson said, laughing.

That's not to say that Robinson has all the answers yet, either. When the Rams used the No. 2 overall pick on him in the 2014 NFL draft, they knew it would take some time for him to turn raw ability into polished production. That is why Robinson's rookie season came with more than its share of bumps along the way.

Robinson started out as a guard, biding his time on the bench the first four weeks of the season before finally moving into the starting lineup. With Long in place, the Rams hoped Robinson could help at guard for a season before taking his projected left tackle spot permanently. That experiment lasted little more than two games before another ACL injury ended Long's season in week 8.

The Rams decided to turn the future into the present by moving Robinson outside to left tackle. They stuck with that idea this offseason when they released Long.

Buoyed by the knowledge that his natural left tackle position is where his future lies, Robinson has spent the offseason recovering from a turf toe injury suffered in the season finale against Seattle and attempting to get in better shape.

It's so far, so good on both fronts as Robinson said he has dropped 20 pounds to get down to 319 from 339 and is already doing individual drills after rehabilitating from the toe injury.

"I feel like I'm making progress every day," Robinson said. "They don't really want me rushing it. So I'm just going with whatever the coaches say and just trying to stay locked in and pay as much attention as possible."

Robinson probably could participate in team drills during practice now, but the Rams don't see the need to rush him.

"He's been working here," coach Jeff Fisher said. "He's been rehabbing and he's working and he feels good. His strength has increased. If there's a little bit of weight loss and increase of strength, that's a good thing."

Dropping the weight should allow Robinson to use his athleticism in space more.

"That's the plan," Robinson said. "I feel like I'm moving a lot better. It's coming from not being able to run at all to making progress and transition back to the field, but they don't want me rushing it."

In the meantime, Robinson has spent those team drill sessions focused on the mental side of things. Unlike last year, when he was asked to learn two positions at the same time, Robinson no longer has to concern himself with anything but tackle.

With the Rams adding some new offensive wrinkles, including more zone blocking, Robinson is getting a chance to do more of what he did at Auburn, where the Tigers mixed zone and man blocking schemes. The Rams appear to be headed toward mixing the two more than they already did this year.

Robinson hopes those new wrinkles and his additional time spent learning the offense will pay off in his second season. With three new starters projected elsewhere on the line, the Rams can't afford to wait for Robinson to take much more time to develop.

"I feel like the game has slowed down a little bit for me, just by me going through the walkthroughs and getting off on the snap count and stuff," Robinson said. "I haven't been making as many mistakes as I was last year, so I think the main focus is just getting the playbook and trying my best to learn as much as possible so I won't be thinking as much on the line."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams' Brockers taking his game to a new level

BYLINE: Jim Thomas, St. Louis Post Dispatch

DATE: June 15, 2015

Say what you will about Michael Brockers, but the Rams' defensive tackle leaves no stone unturned when it comes to trying to improve his game.

A couple of years ago, he hired a personal chef to make sure he was eating right. Last season he showed up lighter in an attempt to improve his quickness and overall effectiveness.

As for this offseason, he has taken up mixed martial arts training in an effort to use his hands better on the football field and keep opposing blockers' hands away.

"In life, I think every day you have to learn something," Brockers said. "If you're not learning, you're not living. So definitely for the most part, I try to 'up' my game. There's never a time where I feel like I know it all."

Line play at the NFL level isn't only about strength, power, and quickness; it's also about leverage and technique. Usually, once an offensive lineman gets his hands on you, it's over for a defensive lineman.

"It's about getting that man's hands off you, especially playing defensive tackle and nose guard," Brockers said. "It's all about physicality, and not trying to let them get their hands on you and grab you and stuff like that."

The most interesting aspect of Brockers' fray into martial arts is his teacher. It's none other than Dallas Cowboys Hall of Fame defensive tackle Randy White.

Brockers made the hookup through his agent Scott Casterline, who also represents White. Prior to the start of the Rams' offseason conditioning program on April 20, Brockers made regular weekend visits to work with White in Dallas.

Brockers, whose permanent residence is in Houston, would make the four-hour drive to Dallas on a Thursday and stay there working with White until returning on Sunday.

"It's been a slow process," Brockers said. "He's been doing this stuff all his life, for all his career. So learning from him I'm starting to get like the steps down. I'm trying to implement it a little bit in my game, trying to use it for 2015."

Brockers grew up a Cowboys fan in part because there wasn't a football team in Houston between 1997, when the Oilers left for Tennessee, and 2002, when the expansion Texans started playing. Brockers, still only 24, is too young to have seen White play but knew who he was before the martial arts tutoring begin.

"I knew a lot about some of the history about Dallas and knew he was part of it," Brockers said. "So for the most part when I learned he wanted to work with me, I was like, 'Yeah, let's go.'"

"It's cool because of the fact that he's a Hall of Famer and you think that they carry themselves a lot higher than they do. They're at the top of the top. But he's a real chill guy, cool, down to earth. So that's the reason why I really like working out with him, because he's a great guy to talk to and he listens and tries to really help my game."

White was introduced to martial arts training in 1976, his second year in the NFL, by then-Cowboys strength and conditioning coach Bob Ward. In that sense, Ward and the Cowboys were way ahead of their time.

"Bob had the vision of incorporating the martial arts into our football," White told the Post-Dispatch. "I enjoyed doing it and really took to it. It really helped my career."

Even after his career ended following the 1988 season, White continued his martial arts training. And he started training others, from elementary school-age youths up to NFL players.



One of his past “students” was six-time Pro Bowl defensive tackle La’Roi Glover, who spent three of his 13 NFL seasons with the Rams (2006-08) and is currently the Rams’ director of player programs.

(White met Glover at an arm-wrestling tournament, where Glover was a participant and White was doing commentary.)

“I’m not the great guru but I’ve got something to offer,” White said. “Something they can look at. If they like it, they can add it to what they do.”

White, now 62, has found Brockers to be a very willing pupil.

“Michael really is a very intense guy,” White said. “And is hungry to get better and be better. I’ve spent some time with him. I don’t know how many times we’ve trained. Quite a few.

“He really picked it up and he saw the value of what I was showing. It takes just a little bit to really grasp how you apply it. You develop sensitivity. We do hand drills and develop sensitivity.

“Most players, right off the bat they want to know, ‘Well, if he does this, what do I do?’ I can show ‘em that, and I can show ‘em a counter for a specific way a guy is trying to block you or attack you.”

But eventually, it’s got to come instinctively.

“When you’re on the football field, you don’t have time to be thinking about what move am I gonna use,” said White, who is training Brockers for free. “You’ve just gotta feel it. So you keep working the drills and develop sensitivity, and I show ‘em all the different options that I know to make themselves effective as far as rushing the passer, pursuing a play.”

Just like learning more traditional defensive line techniques, Brockers knows it will take lots of repetition to take his martial arts techniques to that instinctive level. So once the Rams’ offseason program started in Earth City and he could no longer make the weekly trips from Houston to Dallas, Brockers studied videos to try to stay sharp.

“I even practice with my wife sometimes,” Brockers said.

(Now that’s a devoted wife.)

“Just hand movements,” Brockers said. “It’s not like I’m really throwing her or anything.”

The drills with White are strictly hands and footwork. The sessions last two to three hours, with a break thrown in here and there.

Once the Rams complete the final week of OTA practice sessions next week, the veterans have a five-week break before the start of training camp. Brockers plans to spend at least a couple of those weeks working with White in Dallas.

Once camp starts at the end of July, White might drop in at Rams Park to watch Brockers in practice, seeing if he’s applying the martial arts techniques on the football field.

“He wants to be the best he can possibly be,” White said. “And when you’ve got a guy that’s got that attitude, and he’s got the ability he has, he’s gonna be successful.”



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Keeping Cory Harkey a key to Rams' offensive plans

BYLINE: Nick Wagoner, ESPN.com

DATE: July 5, 2015

Lost in the mix of a busy offseason that saw the St. Louis Rams make sweeping changes to the offense from coordinator to quarterback to running back to three spots along the offensive line was a simple move to retain one of their own.

Cory Harkey, the team's resident fullback/tight end/tough guy, quietly signed his one-year restricted free-agent tender offer in March. It didn't move the needle much, especially compared to big-ticket deals like the team's quarterback swap with the Philadelphia Eagles, but it was no less important given the offensive identity the Rams are attempting to forge.

"It's great to have 'Hark' back," Rams head coach Jeff Fisher said. "He really took on a leadership role in the special-teams room and really all over, for that matter. It's just great to have him back. He's one of those guys you trust. He's out every day. He's tough. He makes plays. It's good that we got at least another year."

The Rams don't have a true fullback on the roster, per se, but Harkey has admirably filled that role in addition to his tight end duties. But even with the Rams' efforts to have a power rushing attack as the focal point of the offense, they haven't made a move to get a traditional fullback on the roster. The reason? Harkey.

After entering the league as an undrafted free agent in 2012, Harkey has steadily earned a bigger role. In 2012, he played just 28 snaps in five games, but that total moved up to 361 snaps in 2013 and 349 last season. He probably would've set a new career high in 2014 were it not for an early season knee injury that Harkey managed to play through.

That injury led to Harkey's two worst games as a run blocker last season, according to Pro Football Focus, but as he got back to full strength, he became a key cog in the offense from week to week. He finished with a 1.3 grade in run blocking, which for what it's worth made him one of just three Rams to have a positive run-blocking grade from PFF. It also figures to be his primary focus moving forward.

According to PFF's snap breakdown, Harkey spent 239 of his 349 snaps run blocking in 2014. But that was for a team that didn't run the ball as successfully or as much as the Rams seem to plan to in 2015. The Rams were just 26th in the NFL in rushing attempts last season, handing it off 395 times with an average of 4.14 yards per carry, good for just 17th in the NFL.

This offseason represented a commitment to improving in that area as the Rams spent the No. 10 overall pick in the draft on running back Todd Gurley and four more selections on offensive linemen.

And though it wasn't as clear at the time the team extended Harkey his restricted free-agent offer, bringing him back was also an important part of that plan.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Johnny Punts: Rams' Hekker is the life of the party in St. Louis

BYLINE: Elisabeth Meinecke, FOX Sports Midwest

DATE: June 10, 2015

The best part of interviewing the St. Louis Rams' Johnny Hekker? You know he won't be boring.

Whether he thinks so or not, the four-year NFL veteran has developed a brand: positive, comedic and just plain entertaining. And he's done it not from a high-profile gig like quarterback, wide receiver or even defensive end, but one of the most invisible spots on a football roster: punter.

Hekker, not surprisingly, is good-natured about it.

"There comes a lot more responsibility learning the playbook and everything and that takes much more time," he jokes. "So we have nothing but free time, I guess, to build our brand, so that's also an advantage, in that sense."

Still, we all know it: Fairly or not, the punter is often cast as the stepchild of the NFL roster, woefully overlooked when it comes to outside attention. In an industry that has advertisers clamoring to monetize its stars, when's the last time you saw a punter peddling UGGs or hawking a Subway sandwich? Heck, forget advertisers. When was the last time you saw NFL draft experts devote an in-depth segment to the punters the same way they do quarterbacks, wide receivers and nearly every other position on the field (including offensive line)? They don't, because punters aren't supposed to be high commodities.

Yet Hekker has gone from being an undrafted free agent to one of the Rams' most recognizable voices in St. Louis. He's hosted a radio show, made it on TMZ.com for his dancing skills (or, more accurately, lack thereof), and publicly supported the "punters are people, too" movement. He was recently in a video on the Rams' website promoting the new professional soccer franchise in St. Louis and helped raise almost \$15,000 for charity last year as part of a joint endeavor with employees at SSM hospitals.

Part of his platform is because he's dang good at what he does, and on a team that's struggled offensively the past few seasons, his role, naturally, is more visible. He was a Pro Bowler in 2013 after producing the highest single-season net average in punting yards in NFL history. But he's also put the "special" in special teams by using his skills as a former high school quarterback. Rams fans will recall Hekker against Seattle and San Diego last season successfully throwing out of punt formation to convert on fourth down. That December, he got a six-year contract extension worth upward of \$18 million -- the \$9 million guaranteed was rumored to set a league record for his position. That got people talking -- even nationally -- about a punter.

Another boon in Hekker's visibility has been social media. Fans may only see him for a handful of seconds on the field each game, but social media give them access to the personality behind the punter. Like when Hekker recently chirped his teammate.

It's also, however, where actions on and off the field can be exposed -- which Hekker realizes can be sticky.

"Good or bad, you're much more accessible, so you've got to make sure that what you're doing is consistent and is in line with that brand you're trying to build," he says.

The bigger emphasis, however, is that Hekker puts a priority on engaging fans, and not just on social media, but talking with people at community events, showing interest in what they have to say and what's happening in their lives. He feels the Rams do a good job of involving themselves in the community.

"I think our team has really grasped that idea," he says. "I think the amount of community service hours we put in kind of shows a lot of our hearts."

Still, there's one part of Hekker's brand that remains almost as unheralded as his position on the field: work ethic. In the short time Sean Mannion has been with the club since getting drafted in May, the quarterback, who briefly crossed paths with Hekker at Oregon State, has already witnessed Hekker's nonstop commitment to his craft and his team.



"What I've been blown away with really since I've been here is the effort that he puts into every aspect of his game," Manion says. "The specialists typically as a group are on a different schedule than the rest of the team, but you always see him around here doing something. He's always the first guy in, it seems. You never get here and he's not here yet. And then when you're leaving, it seems like he's always still around. It kind of shows the kind of guy he is. He puts such effort into being such an important piece of our team, and he has been."

In the end, to Hekker, this all may be less about a "brand" and more about who he wants to be as a person.

"I think everyone has, to a certain extent, their own brand, and has a reputation," he says. "You always want to represent yourself in a good light and make sure the things that you're doing and the way you're treating people aligns with the way that you want to be perceived and want to be treated. I've been taught that if you want to gain respect, you've got to give respect. So that's just kind of how I like to treat all interactions with people."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: T.J. McDonald healthy, embracing expanded role

BYLINE: By Nick Wagoner, ESPN.com

DATE: August 2, 2015

Despite racking up the tackles and other somewhat artificial statistics during the first half of the 2014 season, it wasn't until the final eight games that St. Louis Rams safety T.J. McDonald finally felt comfortable in coordinator Gregg Williams' defense.

McDonald entered last year's camp as a returning starter but also faced the task of adjusting to a defense that would ask much more of him. Aside from middle linebacker James Laurinaitis, it's McDonald who has the most responsibility in Williams' defense. With all of that on his agenda, the process didn't go as fast as anyone would've liked, not just for McDonald but for the defense at large.

When the light came on for the defense after an ugly Week 8 loss to the Kansas City Chiefs, it was no coincidence that it perhaps burned the brightest for McDonald. When it did, the results were hard to ignore. He finished with 104 tackles, two sacks, a forced fumble and a fumble recovery with the sacks and turnover production all coming in the final eight games.

As the Rams embark on the 2015 season, McDonald doesn't have as much to learn and is mostly hoping to simply carry over what he accomplished from the season's second half into this year.

"I just have to keep growing, keep competing, keep learning," McDonald said. "Just go out with the guys, communication is a big thing. Being in Gregg's defense longer, you get more comfortable and the game slows down a little and it makes communication easier and allows you to be on the same page with the guys so we can all jell at once."

McDonald does, however, have catching up to do after sitting out during organized team activities. While he opted not to disclose the exact nature of the injury that kept him out of OTAs, he had no problem acknowledging how antsy he got being confined to the sidelines while his teammates went through practice. If nothing else, those lost practice reps were a direct blow to his efforts to continue his second-half surge.

Since he couldn't play, McDonald attempted to make the most of the time anyway. He was often one of the most vocal players on the field, shouting instructions and encouragement for his replacement, second-year safety Maurice Alexander.

"I was trying to take advantage of it as much as I can to help other guys," McDonald said. "It was hard being on the sideline so I would try to get out there and help my guys and try to encourage the guys from the sideline between periods, say a couple words. I love the game so it's tough being on the side."

McDonald arrived for this camp back at 100 percent and hasn't appeared to have any real limitations in his return. He's also carried over some of the advanced leadership traits he showed during the spring. The former USC captain has natural leadership instincts and now that he's in his third year is hoping to take on a bigger role in that regard.

"I definitely want to take on more of a leadership role," McDonald said. "I'm just coming out here and showing what I can do and trying to get better."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams' receiver Brian Quick making progress from shoulder injury

BYLINE: By Nick Wagoner, ESPN.com

DATE: June 8, 2015

EARTH CITY, Mo. -- Of the St. Louis Rams players recovering from surgeries during this offseason program, coach Jeff Fisher is only showing concern about one.

That would be wide receiver Brian Quick, who is still working his way back from a torn rotator cuff and separated left shoulder suffered on Oct. 26 of last year.

The injury was so severe that Fisher has been especially hesitant to put any sort of timetable on Quick's return. But one week into organized team activities, Quick looks to be making some tangible progress that could lead to his being ready for training camp.

"Brian Quick is probably the one we have to watch," Fisher said. "As I mentioned to you before, we'll have to watch him, keep him out of contact, but he's running routes against air. He's catching and progressing nicely."

Quick has actually been doing some individual work during the OTAs, more than might have been expected when Fisher last gave an update on his status at March's owners meetings in Phoenix. In the early portion of those practices, Quick has done some individual work, running routes and catching passes. He says it was about two months ago when he first started feeling like himself again.

That doesn't mean Quick will be back at 100 percent anytime soon but the lack of recent setbacks is a good sign.

"[I'm] just easing my way in and just waiting to get in and go and get on the field with everybody and starting to participate a little more," Quick said. "It's always hard coming out here and seeing these guys work and you have to sit down and watch them. You want to be out there so bad but you have to just be patient."

Patience has been a big part of Quick's three-year tenure in St. Louis. Considered something of a project as a second-round pick out of Appalachian State in 2012, Quick's learning curve was steeper than most. In his first two seasons, that yielded just 29 receptions for 458 yards and four touchdowns.

Finally, the light appeared to come on or at least flicker more brightly in the first part of last season. Through the first six-plus games before the injury, Quick posted 25 catches for 375 yards and three touchdowns. Had he stayed healthy, he would have easily breezed past his career totals in one season and probably would have led the team in receiving.

Instead, Quick found himself facing an injury far more severe than it first appeared.

"That's what really kind of got me," Quick said. "It was pretty bad. But like I said, it's what my mindset is going into it. Anybody can give up and think it's over. [Athletic trainer] Byron [Cunningham] working with me this offseason, we came together and worked really hard. He put a lot into it. And I came in and put in the work as well. I feel like it took a lot for me. I know that when it's time I'm going to be ready."

At 26, Quick is entering the final year of his contract and though he's flashed potential, he probably hasn't done enough to garner a lucrative long-term contract at this point. The sooner he can get back on the field, the sooner he can cement his place on the roster beyond 2015.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: At 27, Rodger Saffold becomes O-line's wise old man

BYLINE: By Nick Wagoner, ESPN

DATE: June 8, 2015

EARTH CITY, Mo. -- After January shoulder surgery forced St. Louis Rams offensive lineman Rodger Saffold to spend the majority of his offseason rehabilitating at Rams Park, Saffold often found himself feeling lonely.

Saffold's average day would consist of plenty of rehab with the team's athletic trainers and strength and conditioning coaches, but when that was done, Saffold usually retired to the offensive line's meeting room to watch film. He was sometimes joined by offensive tackle Greg Robinson, who is also recovering from offseason surgery (on his toe), but more often than not, he didn't have much in the way of company. That was especially true after the team released veteran offensive linemen Jake Long and Scott Wells and chose not to re-sign guard Davin Joseph.

That's no longer a problem after the Rams signed veteran Garrett Reynolds in free agency and then went on to spend four draft picks on offensive linemen, including projected starters in the second and third rounds.

So it is that at the ripe old age of 27, Saffold is no longer rolling solo but now thrust into the important role of veteran presence for a line that projects to be the youngest in the NFL in 2015.

"I'm doing my best at that," Saffold said. "It's kind of hard because you are not in practice. But just staying engaged with the guys as far as mental reps because a lot of these young guys are not going to get a lot of reps. The O-line room is pretty much vacant most of the year. Now there's nowhere to sit. You have got to be able to help these guys out. Right now, I'm kind of like a coach, just sitting there, reading scripts and helping out when I can."

The first order of business for Saffold before he can fully dive into that newly-prescribed leadership role is to get his shoulder back to full strength. He has been plagued by injuries on a consistent basis throughout his career -- though he played in all 16 games last year for the first time since his rookie season in 2010. There were a couple of hiccups that cost Saffold parts of games here and there, though, usually related to the on-going shoulder problem.

It's the same shoulder issue that scared away the Oakland Raiders in 2014 after they agreed to terms on a big-money contract. The Raiders decided to part ways with Saffold, paving the way for his return to St. Louis. After playing through the issue last year, Saffold decided the time was right to finally get it fixed.

"The biggest thing about it was I was able to play all 16 games, which just kind of let me know that doing this thing was not the end of the world so now I can just come back and really play," Saffold said. "It's a crazy game. Things just pop up out of nowhere, but right now I'm very, very confident [in the shoulder]."

During organized team activities, Saffold has been limited to participating mostly in individual drills. He says he's feeling good, but the Rams have no interest in rushing Saffold back before he's ready.

In the meantime, he is spending whatever time that doesn't go toward rehabbing the shoulder to helping young linemen like tackle Rob Havenstein and guard Jamon Brown.

"The best thing about the injury -- I don't want to say there's anything good about injuries -- but the good thing about injury is you stay in the building," Saffold said. "So a lot of times people are on vacation and things, and I'm still in the building working. That helped me a lot as far as weight room wise and getting everything together. And being able to work with some of the young guys that are still here."

Becoming the guy that all of the young linemen look to for answers hasn't been a bad thing for Saffold, though he's the first to admit it's kind of strange. This is, after all, the guy who spends much of his down time playing with and running a team of video gamers and has often referred to himself as a big kid.

"Yeah, it is, it's kind of different," Saffold said. "Especially with this team, being the longest with this team, being able to help everybody. It's a big role, but I like those things. I like changes. That way it keeps you more engaged, and things are a little less boring."

And far less lonely.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Zuerlein bracing for longer extra point

BYLINE: By Jim Thomas, St. Louis Post-Dispatch

DATE: June 12, 2015

Greg “The Leg” Zuerlein didn’t get a vote on the matter, otherwise extra points would still be kicked from the 2-yard line.

“They didn’t ask for any kickers’ votes,” he said laughing.

NFL owners certainly made life more, uh, interesting for the place-kicking fraternity, voting in March to move back the line of scrimmage for extra points to the 15. Beginning with the 2015 season, it will take the equivalent of a 33-yard field goal distance-wise for that point after touchdown.

That’s 13 yards farther back from the traditional spot at the 2.

“Can’t do anything about it,” Zuerlein said. “So might as well just start practicing from there. The fortunate thing is if you do well, it’s gonna make your value as a kicker go up.”

Conversely, too many hiccups kicking PATs from 33 yards won’t do much for job security.

“There’ll be plenty of misses, I guarantee you that,” Zuerlein said. “If you have an off-game or just a bad hit — there it is. It’s gonna happen. I think you’ll still make most of them, but you miss ’em at the wrong time ... and it could cost you a game.”

During his three-year NFL career, Zuerlein has missed four of 28 field goal attempts in the 30- to 39-yard range. It’s not automatic.

“Obviously, you can’t hit a perfect ball every time,” he said. “So even if you hit a decent ball, you’re still gonna miss some of the time. So many times you see kickers hit PATs and they (barely) get in there. They just squeak ’em in.”

Some of those extra points that “just squeak in” from the traditional 20 yards away will now be misses from 33 yards.

“It’d really stink to have a big game come down to it,” Zuerlein said. “Because it could be that the offenses did their job, the defenses did their job.”

And then a 33-yard extra point sails wide, no good.

“There’s probably gonna be some games won or lost by that,” he said. “So we’ll see what the fans’ reaction is to that, and see if the NFL (likes that). For me, why would the fans want to see a game end like that? That’s just my take.”

But the NFL probably would love it. The feeling behind the change was that the PAT had become way too predictable; the league wanted to make it a more competitive play. Zuerlein has missed only one of 95 extra points in his Rams career.

Coach Jeff Fisher is a member of the league’s competition committee, which studies such rule changes. He’s also a special teams aficionado, and is fine with the rules change.

“I understand the rationale and the reason behind it — to put a little bit more emphasis on the extra point because of the percentages,” Fisher said. “One school of thought is someone’s gonna be put in a position to kick an extra point in the fourth quarter in December in the AFC or NFC North in a 40 mile an hour wind to tie a ballgame.”

While a dome team such as the Rams will be kicking indoors in a comfortable, controlled setting.

“But it’s going to make it a much more exciting play,” Fisher said. “I think we’re gonna see more two-point attempts.”

The Rams may have half their games indoors but they have the potential for several games this coming season where the weather could be a factor on the now-longer extra points.

The Rams have road games at Baltimore (Nov. 22), at Cincinnati (Nov. 29), at Seattle (Dec. 27), and at San Francisco (Jan. 3). All are outdoor venues.

As Zuerlein points out: “Someone has to go to Green Bay in December with swirling winds and snow to make a PAT to maybe go to the playoffs or something. That’s a little different circumstance (than kicking in a dome).”

The Rams won’t face extreme cold in San Francisco or Seattle, but the weather at those venues can be raw, windy, and wet that time of year.

“Any time it’s later in the year, the fields can be pretty rough,” Zuerlein said. “You never want to be kicking on a poor field because your foot slips a little or any little thing goes wrong late in the year like that. You just never know.”

Under the new PAT rule, teams will have their choice of where the ball is spotted after scoring a touchdown. They can



choose the 15 and kick the extra point, or choose the 2-yard line and go for a two-point conversion.

There was some discussion about moving up the line of scrimmage to the 1 ½ — or even the 1-yard line for two-point attempts, but it stayed at the 2.

"I'm glad it ended up the way it did," Fisher said. "I was opposed to moving it to the 1 ½-yard line. (Or the 1.)"

The 33-yard extra point is just another example of the league making things tougher on place-kickers.

First, the goal posts were moved to the back of the end zone from the front. For a while, kickoffs were moved back to the 30 from the 35 to encourage more kick returns. (Kickoffs subsequently were returned to the 35 as a safety measure for return and coverage players. The idea being fewer returns meant less collisions and fewer concussions.)

There was also the introduction of the "K-ball," which cut down drastically on the amount of scrubbing and scuffing of footballs the kickers could do to soften up the ball.

It's almost as if the kickers have been penalized for being too good at their jobs.

"I do wonder that sometimes," Zuerlein said. "Because the better we get, the harder they make it. But the better the receivers get, or the better the quarterbacks get, they don't make it any harder on them.

"You could make the receivers not wear gloves. Who knows? You could implement all kinds of different rules. Quarterbacks are passing for record numbers."

But kickers are more accurate than ever — not necessarily a good thing in the eyes of the NFL.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams defense revving up under Williams

BYLINE: By Jim Thomas, St. Louis Post-Dispatch

DATE: June 21, 2015

When Rams defensive players returned for the start of the offseason conditioning program in late April, each received an individual tape — an individual report if you will — showing strengths and weaknesses in his play.

“It’s one thing for a coach to talk to all the defense,” coordinator Gregg Williams said. “It’s one thing for a coach to talk just to his position area. But the (position) coaches went the extra mile.”

And produced individual tapes, self-scouting their own players.

“The guys took it to heart and really had a very good spring in the weight room, in the training room and then here on the field,” Williams said. “It’s light years ahead of where we were last year (at this time) because they didn’t know me, I didn’t know them.

“Just from a terminology (standpoint), are we speaking the same language? Do we understand what we really want? It took a little bit of time for all of us to get acclimated last year.”

But now a foundation has been laid. There has been a base of information established for a defense that was among the league’s best over the second half of last season. If nothing else, Williams hopes the familiarity helps the Rams avoid the slow starts defensively that have plagued the team for several seasons under coach Jeff Fisher, predating Williams’ arrival a year ago.

To say that Williams raised the subject of slow starts during the spring would be understatement.

“Why don’t you ask these young gentlemen who play if I have worn them out about that,” Williams said. “Yes, we’ve discussed it.”

Linebacker Jo-Lonn Dunbar, whose association with Williams dates to time they spent together in New Orleans, can vouch for that.

“We’ve stressed that 10-fold,” Dunbar said. “Gregg mentions it every day. That’s the first thing he says to us every day. ... ‘Start fast. Start fast. Start fast.’ So what we need to do is start fast as a defense and start fast as a team.”

The pieces certainly are in place for that to take place this year. Returning from last season are seven of the team’s top nine defensive linemen, the top four linebackers and all 11 of the top defensive backs.

Fortifying that group are the free-agent additions of defensive tackle Nick Fairley, a first-round pick by Detroit, and outside linebacker Akeem Ayers, who won a Super Bowl last season with the New England Patriots.

“He has really fit in quite well here,” Williams said of Fairley. “The thing that’s been really fun for me to watch is the big eyes he had when he came in and saw the talent in that room. He saw, and all of a sudden, ‘Whoa! I’m going to have to compete for any time to get on the field with these guys.’ It’s gonna be fun packaging all those guys up.”

As for Ayers, Williams has some familiarity from the year (2013) they spent together in Tennessee.

“We’ve got to try to adapt some things to his skill set,” Williams said. “Hide the things that he doesn’t do real well but maximize the things that he does do well. And he does some really good things.”

Overall, Williams has tried to eliminate clutter from the defensive playbook — plays and schemes that for whatever reason didn’t fit or didn’t work. But he’s also added a few tricks. Williams said he has 42 packages of personnel alignments and groupings in his playbook — the defense worked on 18 of them this spring.

Familiarity with his staff after a year together has allowed Williams to give them more responsibility on the practice field. Williams isn’t as omnipresent, although it still is hard to miss him.

“The assistants know more about what I want,” Williams said.

Williams has been around the NFL long enough to know what a special defense looks like. He’s had several of them himself over the years at his many stops throughout the league.

Can this be one of them?

“We would hope so,” Williams said. “I would tell you this: I’ve had a chance to be a part of ... many special defenses. I’ve been seven different places and at five of those seven places we’ve been top five or best in the world at what we do. This is a talented group.”



But a couple of things have to happen to make the leap from talented to special. One is communication. Miscommunication in the heat of a game can lead to a busted play.

"One play can beat you one way or the other," Williams said. "But when they are on the same page and you see these guys talking, yeah, there's a chance for them to be special."

Another important factor, Williams says, is the passion the players have for success. As he sees it, succeeding at the highest level has to be more important to the players than it is even to the coaches.

"The good teams I've ever been on, and some of the greatest defenses I've ever been a part of, it was much more important to them than it was to me," Williams said.

And it's very important, obviously, to Williams. So much so that each defensive player was handed a report Thursday at the end of organized team activities, comparing where they are now to where they were at the start of the offseason program — on April 20.

"Where they grew, where they didn't grow," Williams said.

And what they need to accomplish on their own before the team reconvenes for the start of training camp at the end of July.

It was Williams' way of saying: Have a nice summer.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Weinke takes unusual path to Rams

BYLINE: By Jim Thomas, St. Louis Post-Dispatch

DATE: March 2, 2015

In Chris Weinke, the Rams have hired a quarterbacks coach with no coaching experience at the pro and college levels. Zero. At first glance, it seems an odd way to fill a vacancy at the highest level of football — the NFL.

But Weinke, 42, has plenty of experience coaching quarterbacks — just a different kind of experience from basically everyone else in the league.

Even while Weinke was playing, his goal was to coach. A devoted student of the game, Weinke kept notebooks from all the way back to his Pop Warner little league games.

“I have the notebook from every high school meeting,” Weinke said. “I have the notebook from every college meeting. Every game plan, and every note I ever took in the National Football League as a player.”

He put all that information to use, plus the insight picked up from coaches he worked with along the way, when hired to launch a football program from scratch in 2010 at IMG Academy in Bradenton, Fla.

“When I showed up there five years ago, we didn’t have a football field and I didn’t have an office,” Weinke said. “And they simply said: ‘Build a football academy.’”

It started with football camps, and then continued with quarterback-specific camps. And the ultimate goal was to launch a high school team. Things couldn’t have gone better on all fronts for Weinke at IMG.

Over those five years at IMG, Weinke worked with quarterbacks of all ages, sizes, styles and experience levels — from little leaguers up to college stars and NFL players.

At the upper end of the spectrum, Weinke said, “I had college kids come in the summer time while they’re in college. And then you have the guys that have finished college, and are now getting ready for the (NFL scouting) combine.”

Some of those prospects would come back to Weinke once they made the pros. During his time at IMG, Weinke worked with the likes of Ryan Tannehill (Miami), Christian Ponder (Minnesota), Cam Newton (Carolina) and Russell Wilson (Seattle).

During the lockout period before the 2011 season, Weinke worked with Newton for eight weeks.

This offseason, Weinke has been working with Shane Carden of East Carolina and Dylan Thompson of South Carolina. Carden attended the combine and spoke with the Rams at the Senior Bowl in late January.

Three years into Weinke’s stay at IMG, the high school team became a reality.

“We’re a fully accredited high school,” Weinke said. “It’s a boarding school. So, for example, last year our team consisted of 62 players from 19 states and seven different countries.”

The team plays within the Florida High School Athletic Association and its rules but isn’t allowed to compete for the state championship.

A couple of former Rams Super Bowl champions, Tom Nutter and Mike Gruttadauria, helped coach the IMG offensive line in the first two years of the team’s existence.

In those two seasons, with Weinke as head coach, IMG posted a 19-3 record; 22 of its 29 seniors went on to play Division I football in college.

As the driving force behind such a diverse and thriving overall program, it was difficult for Weinke to leave. He had some other offers but could afford to be picky.

“I’ve said it all along, that when you don’t have a job you’ll take any job,” Weinke said. “When you have a great job you can be selective. And so, I felt very comfortable where I was and what I was doing.”

But the Rams gave him an opportunity to fulfill his goal of coaching at the pro or college level. Weinke believes the Rams’ overall roster has potential. He hit it off with the head coach (Jeff Fisher), knows the offensive coordinator (Frank Cignetti) and is looking forward to the possibility of working with Sam Bradford.

“You’re gonna see a lot of energy and enthusiasm from me,” Weinke said. “My whole goal is to get my quarterbacks to play fast — but not in a hurry.”

Weinke believes his experience as a former player can only help the coach-quarterback relationship he’ll have at Rams



Park. He has experienced highs and lows as a player, from winning the Heisman Trophy at Florida State to struggling through a seven-year pro career with Carolina and San Francisco.

"I did not have a stellar NFL career, and I think I'm the first to admit it," Weinke said. "That's why I think I'm a good football coach, because I had to learn to deal with adversity. I know what that feels like. And I want to make sure that I instill all those things that I learned throughout that process. ... If I was a player, I'd love to have a former player be my coach."

Weinke is not traditional in terms of how he got to the NFL. But he's old school when it comes to coaching quarterbacks at this level.

"Passing the football's rhythm and timing," Weinke said. "So if you don't teach a guy how to do that, it's very hard to be consistent."

For Weinke, it starts from the ground up. Good footwork leads to everything else.

"And then everything else will be a line," he said. "I'm talking about staying connected. Bio-mechanically, your right side's gonna respond to your left; the upper half's gonna respond to your lower half."

Easier said than done these days, when the vast majority of players coming out of college played in the spread operating out of the shotgun and don't really have the urgency of footwork necessary to operate a pro-style offense.

Weinke says he's not out to create robots at quarterback. He might tweak a throwing motion, but he won't overhaul it.

"You've gotta have balance," Weinke said. "How do we throw the football with maximum power, from a good platform, and be consistent, and throw with accuracy?"

And throw with anticipation. That's what he'll be striving for with the Rams' quarterbacks.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Boras' Profile With Rams Grows

BYLINE: Jim Thomas, St. Louis Post-Dispatch

DATE: April 16, 2015

Throughout his NFL coaching career, a career that's about to enter its 12th season, Rob Boras has been a foot soldier. One of those behind-the-scenes guys who doesn't say much but shows up and does his job.

He's never been a campaigner or a politician — you know, one of those types always looking for his next job. But somehow he quickly earned the respect of Rams coach Jeff Fisher.

Every offseason since Fisher arrived in St. Louis in 2012, offensive coordinator Brian Schottenheimer applied for a job somewhere, and Boras' name always came up at Rams Park as a possible successor.

This offseason, Schottenheimer actually left, taking the coordinator's job at the University of Georgia. Boras came within a whisker of replacing Schottenheimer, but that job ultimately went to Rams quarterbacks coach Frank Cignetti.

"Through the whole process, during that month or whatever it was, just the communication, the honesty, you trust Coach Fisher," Boras said. "He has a plan. And so there's a personal disappointment but you're excited about the opportunity to move forward.

"You can't let those minor things be setbacks. Just like you talk to your players about all the time. You've got to move on."

Boras came out of the process with a nice consolation prize. He will continue coaching Rams tight ends but also has the additional title of assistant head coach/offense.

Although it's not the coordinator's job, Boras suddenly has a higher profile. Until the coordinator job search and aftermath, the only times he had gotten a mention in the Post-Dispatch in three seasons with the Rams were when his house was broken into, and when he embarrassingly suffered a calf injury on the practice field, which resulted in much teasing from the coaching staff.

"I've gotta find a better way to get my name out there," Boras joked.

He can do that in his new role by helping to get an under-producing offense going under a new coordinator (Cignetti) and a new starting quarterback (Nick Foles).

"Rob's going to have a lot more input, I'll put it that way, as far as which direction we go," Fisher said. "Particularly because I was really impressed with his presentations and his thoughts (during the interview process)."

Fisher made those remarks at the Feb. 12 news conference in which Cignetti was formally introduced as the new offensive coordinator. Fisher was more expansive on Boras' new duties at the NFL owners meetings last month.

"Rob really does an outstanding job, particularly in our running game and creation of the running game, and then pairing the running game up with the play-action passing," Fisher said. "That's where Rob, I think, his value is. So he's expanded that. He's working closely with Cig and the rest of the staff. It's a collective effort."

In an interview this week with the Post-Dispatch, Boras said the nature of his new job title is still evolving.

"It's really just to be able to help Cig and Coach Fisher in different areas, schematically as well as talking to players and such," Boras said.

Even before Cignetti was formally announced as the team's new OC, he and Boras and the rest of the offensive staff had been working on the new playbook. Simplifying it, pruning the terminology that was used for three seasons under Schottenheimer while evaluating what went well and what didn't in 2014.

"Cig has a very definite vision, and it's not very far from where we've been," Boras said. "Now we're going to be adding some more schemes that he's brought to us. And obviously, just organizing it and putting it into our terms, and seeing what's gonna work with our personnel. That has really kind of been the process."



Boras said that process is nearing completion — the playbook is close to being a finished product.

"I would hate to put a percentage on it, but yeah, it's dotting the I's and crossing the T's," Boras said. "We're just cleaning it up a little bit right now before the players get back."

That time is almost at hand, because the players return for the start of the team's offseason conditioning program Monday.

Boras, 44, was born in suburban Chicago. In college, he was a four-year starter at center at NCAA Division III DePauw University in Greencastle, Ind. Football aside, the plan was to go to law school after completing his undergraduate degree.

But along the way, Boras couldn't help but notice how much fun DePauw coach Nick Mourouzis had on a daily basis.

"He never had a bad day in his life," Boras said. "The guy's energy and enthusiasm was just contagious. About my third year in (at DePauw), I'm like, 'You know what, if I could do this for the rest of my life, I'd be the happiest person on earth.'"

When he called his parents to tell them he was getting into coaching, and not going to law school, they took the news much better than expected. At age 21, fresh out of school, Boras was named offensive line coach at DePauw.

"I was gonna give it two years and see if I liked it," Boras said.

That was 1992.



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Rams notes: Special teams standout Reynolds welcomes competition

BYLINE: By Joe Lyons, St. Louis Post-Dispatch

DATE: June 11, 2015

Signed as an undrafted free agent by the Seattle Seahawks in 2011, Chase Reynolds joined the Rams after being released in August that year. He spent most of the next two seasons on the practice squad before breaking through and earning a spot on special teams in 2013.

Since cracking the lineup, Reynolds has seen action in 31 of the team's last 32 games and finished 2014 as the Rams' special teams leader with 19 tackles, which ranked him in the NFL's top five.

"I enjoy being out here because I love to compete," the 27-year-old said following a recent organized team activity (OTA) at Rams Park. "For a guy like me, a guy who's had to fight and scratch for his spot, every season's a challenge. In my mind, I feel like I have to do more now because I have something I've earned and that I have to protect. In this league, the longer you play, the more you have to be willing to dig in because every year there's a new group of guys looking to take your spot."

But Reynolds, a record-breaking running back from the University of Montana, views the newest Rams more as future teammates than as competition.

"I enjoy meeting the new guys and trying to help them through the process," he said. "If they have questions, I'm there for them. With a new offensive coordinator (Frank Cignetti), there's some new stuff to learn and I find that by helping the young guys, it helps me learn the new stuff that much quicker.

"Not everybody wants to help out the younger guys, but that's just the type of person I am. It's something that helps the team overall and it makes me feel good, seeing them evolve and get better."

A year ago, Reynolds teamed with friend and training partner Eric Eisenberg to start a motivational brand called The Promise Line, which encourages people to set and reach for their goals in life.

"My first year in the NFL, I was cut multiple times," Reynolds said. "But I stuck with it. That's the message of our foundation — if you want something bad enough, you can make it happen."

Reynolds had surgery to repair a tendon in his thumb. He said he's around 95 percent now and expects to be ready to go all out when training camp begins in late July.

"My plan, as always, is to work my butt off to make sure I'm ready to compete and win a job," the 6-foot, 205-pounder said. "At the end of the day, the best players are the ones who make the team and who get playing time. All I can do is focus on giving it everything I have every day I'm out here and if somebody else out-performs me, so be it."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Austin flashes big-play potential

BYLINE: By Jim Thomas, St. Louis Post-Dispatch

DATE: August 16, 2015

For those hoping new Rams offensive coordinator Frank Cignetti can bring out the best in Tavon Austin, play No. 2 in Friday's preseason opener against Oakland was a tantalizing tease.

Austin caught a quick screen from quarterback Nick Foles, got loose thanks to a block from wide receiver Kenny Britt, and was off to the races. He gained 35 yards before the Raiders brought him down.

After the Rams' 18-3 loss, coach Jeff Fisher said: "That's one of Tavon's finest since he's been here. That was real impressive."

Torry Holt thought so, too.

"That 'smoke' was nice," Holt said. "That wasn't bad at all."

The Rams refer to the quick-hitting wide receiver screen play as a "smoke." Holt, the former Rams wide receiver great, did color commentary Friday as part of the Rams' television broadcast team.

He was in the locker room afterward, talking football with Austin. And Austin enjoys any time he can get with Holt, one of the stars of the Greatest Show on Turf team.

"He just comes to me, tells me a couple things I should work on," Austin said. "I definitely try to put it in my game and keep on going. He's one of the greats. Hearing it from him, him just seeing the fire in me, makes me want to go there and do it some more."

When it comes to electrifying plays, the Rams definitely would like to see Austin do it some more. The No. 8 overall pick in the 2013 draft has had several highlight moments in his first two seasons with the Rams. Just not enough.

Last year, his production as a receiver dropped from 40 catches, 418 yards, and four touchdowns as a rookie to 31 catches, 242 yards, and zero TDs.

Cignetti, who has replaced Brian Schottenheimer as Rams offensive coordinator, is trying to change all that.

"When you watch him out there, he's becoming an outstanding route runner, from his releases, top of the route ... getting tremendous separation," Cignetti said. "I'm very excited about Tavon."

Cignetti has had only a few media sessions since taking over as coordinator, but the Tavon topic always comes up.

"You know what? It's a point of emphasis to get everybody open," Cignetti said. "But Tavon, because he has a certain skill set, there are certain things you would like to do with him to put him in a position (to make plays)."

Austin admits his route running wasn't where it needed to be when he came into the NFL after dominating Big 12 defenses at West Virginia. But he believes he has come a long way in that area.

"I definitely feel like my route running's gotten so much better," Austin said. "That's the No. 1 thing. My mental game got stronger. It's not really about the physical thing, that's not really the problem with me."

"For me, it was being mentally challenged, and for the most part just being where you need to be when the quarterback's ready to deliver the ball."

When it came to Friday's big play, there was nothing too complicated. Without running downfield, the receiver turns, waits for the throw, and then tries to make people miss. In fairness to Austin, the blocking simply wasn't there on many similar plays he has run in the past. But it was on Friday.

"Kenny Britt made a great block that sprung it open," Austin said. "I had some big blockers down the field, made a couple moves, and from there I let my speed take over."



He added with a smile, "I hit the gas a little."

Austin says he has a good relationship with Cignetti. They talk about the playbook, and Austin gives him feedback on what he likes or doesn't like.

"And we go from there," Austin said.

Austin also seems to be hitting it off with Foles.

"Tremendous guy," Austin said. "Not even talking about on the field. Off the field, too. He comes and talks to us. He'll be chilling with the wide receivers. Just talking to us, seeing what we like, what we don't like.

"And we aren't always talking about football. We talk about random stuff. You know, basketball, anything. I really do like Nick Foles."



ST. LOUIS RAMS FEATURE CLIPS

TITLE: Will Chris Long return to form?

BYLINE: By Jim Thomas, St. Louis Post-Dispatch

DATE: August 11, 2015

Rams defensive end Chris Long returned from foot surgery to play the final five games of 2014, but that didn't mean he was totally healthy. No, the injury he suffered on opening day last season didn't go away easily.

The treatment and rehab work continued far into this past offseason.

"It's been a grind," Long said recently. "Mentally, really a grind because you're just like, man, I want to be myself again."

Over the last couple of weeks in June, as the offseason practices wound down, Long began to feel like himself.

And now, with the Rams in the midst of their second week of training camp, the foot has not been an issue.

He has been slowed, however, by some back problems. But the foot is fine. Finally.

"That feels very good," Long said. "I don't have any issues that I notice when I'm out there. So it's in the rear-view mirror, and I think that the experience will have made me better — having to miss some time."

Long was appearing in his 97th consecutive game when he went down against Minnesota last Sept. 7.

After not missing a game in his first six NFL seasons, Long was out for the next 10 contests, and it was tough to cope with the idle time.

"It was the hardest, the crappiest part of my life," Long said. "I'm happy that it's over. I feel as good as I've felt in two years. It's been a long offseason of rehab and getting to where I want to be."

Despite all the depth on the defensive line, the Rams missed Long perhaps more than expected. Like the team as a whole, the defense struggled out of the gate and the pass rush was almost nonexistent early on in terms of sacks.

"I don't want to put too much pressure on him, but Chris was a large person production-wise that you missed," Rams defensive coordinator Gregg Williams said.

But he added: "Did everyone see how well Will Hayes played? Will Hayes was our defensive production leader on how we go about grading for the season."

Even so, the Rams' defensive line rotation suffered with Hayes moved up to starter's status in place of the injured Long.

"I think there was an effect," coach Jeff Fisher said. "We lost some production. We figured there were sacks that we missed, big plays that we missed late in games. ... It's really just good to have him back."

Long has returned to camp a few pounds trimmer, and as motivated as ever. So far, he has been off the practice field more than on it because of the back issue, a result of conditioning work late in the summer. But with the regular season still 4½ weeks away, there's no cause for alarm at this point.

"He's slowly trying to get himself back together, make sure he's completely ready," teammate Robert Quinn said. "No need to rush back. (The) season's a long way away."

At 30, Long is one of only three 30-year olds on the Rams' roster. Linebacker Jo-Lonn Dunbar, who turned 30 on March 13 — or 15 days before Long — is the oldest player on the squad. The third 30-year-old Ram, Hayes, turned 30 in May.

But Long, the second player picked in the 2008 draft, has been the most senior member of the Rams in terms of continuous service for the past couple of years. That means he gets the parking spot closest to the players' entrance at Rams Park.

But coupled with his production — 41½ sacks from 2010-13 — that longevity means he's one of the team leaders. He was a team captain a year ago.



"It's not only what he does in the locker room and the training room and the weight room," Fisher said. "But I think the guys really look up to the things that he's done off the field. You know, the water (project) that he's doing in Africa and then the homeless piece that they did.

"So I think that he serves as just a great example for the young guys to take advantage of your opportunity and give back."

Long has only two years left on his current contract, and he's due a \$2 million roster bonus next March — a year in which he's scheduled to count \$14.25 million against the cap. So if ever there was a year to re-prove himself, this is it.

"I'm always trying to prove myself every day, so it's more about these guys knowing what I'm capable of, and just kind of not having been myself physically for a year now because of the timing of the injury," Long said.

"It's an extra-long wait to get out there and show what you can do. My teammates have always had a lot of faith in me and been supportive of me through the injury because it was something I wasn't used to.

"So this has been a tough process. I don't take it for granted."

A healthy Long, coupled with the valuable contributions of Hayes, once again would give the Rams a dynamic duo at left end. And that makes Quinn, Aaron Donald, Michael Brockers, Eugene Sims— everyone — tougher to block.

There's no doubt in Quinn's mind that Long will come back strong in 2015.

"I definitely see a fresh spark up under his belt," Quinn said. "I think he not only wants to prove something to us, but to himself that he still has it. He's slimmed down. Looks great. I'm excited to see what he has up under his sleeve."